

SHARP®



AX-1100J

**Steam Oven
OPERATION MANUAL WITH COOKBOOK**

Read all instructions carefully before using the oven

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WARRANTY

Consumer Electronic Products

Congratulations on Your Purchase!

This Sharp product is warranted against faults in material and manufacture for the period as stated in the table below.

If service is required during the warranty period, please contact your nearest Sharp Approved Service Centre. These repairs would be carried out at no charge to the owner, subject to the conditions specified herein.

This warranty does not extend to defects or injuries caused by or resulting from causes not attributable to faulty parts or the manufacture of the product, including but not limited to, defect or injury caused by or resulting from misuse, abuse, neglect, lack of maintenance, accidental damage, improper voltage, liquid spillage, vermin infestation, software, or any alterations made to the product which are not authorised by Sharp.

Please retain your sales documentation, as this should be produced to validate a warranty claim. This warranty is in addition to and in no way limits, varies or excludes any implied rights and remedies under any relevant legislation in the country of sale.

This warranty does not cover transportation to and from the Sharp Approved Service Centre. Goods presented for repair may be replaced by refurbished goods of the same type rather than being repaired. Refurbished parts may be used to repair the goods. The repair of your goods may result in the loss of user generated data, please ensure that you have saved this data elsewhere prior to repair.

Australian customers: Our goods come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and for compensation for any other reasonably foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure. The criteria of a major failure is defined in the Australian Consumer Law. Should you require any assistance with a major failure please contact Sharp Customer Care.

WARRANTY PERIODS

Home Theatre Projector	12 months	(excluding lamps and air filters)
Audio/Home Theatre	12 months	
Microwave / Steam Oven	12 months	
Slow Juicer	12 months	
Refrigerator	24 months	
DVD/Blu-ray	12 months	
Washing Machine	24 months	
Portable Air Conditioner	12 months	
LCD Television	12 months	
Air Purifier	12 months	
Vacuum Cleaner	24 months	

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SPform 040 (SEPT 2013)

IMPORTANT NOTICE: This warranty applies only to products sold in Australia & New Zealand

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IMPORTANT SAFETY INSTRUCTIONS

IMPORTANT SAFETY INSTRUCTIONS: READ CAREFULLY AND KEEP FOR FUTURE REFERENCE

This oven is designed to be used on a countertop or in a cabinet. It is not designed for built-in installation. See page 4 for the installation.

The oven door may become hot during cooking. Place or mount the oven so that the bottom of the oven is 85 cm or more above the floor. Keep children away from the door to prevent them from burning themselves.

Ensure there is a minimum of free space above the oven of 15 cm. See page 4 for the other necessary spaces.

This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.

Children should be supervised to ensure that they do not play with the appliance.

WARNING: Only allow children to use the oven without supervision when adequate instructions have been given so that the child is able to use the oven in a safe way and understands the hazards of improper use.

WARNING: When the appliance is operated in the GRILL, GRILL MIX, STEAM and AUTOMATIC operations (except Easy Defrost), children should only use the oven under adult supervision due to the temperature generated.

WARNING: Accessible parts may become hot during use. To avoid burns young children should be kept away.

WARNING: If the door or door seals are damaged, the oven must not be operated until it has been repaired by an authorised SHARP service agent or microwave technician.

WARNING: Never adjust, repair or modify the oven yourself. It is hazardous for anyone other than an authorised SHARP service agent or microwave technician to carry out any service or repair operation which involves the removal of a cover which gives protection against exposure to microwave energy.

If the power supply cord of this appliance is damaged, it must be replaced with a special cord. The exchange must be made by a service centre approved by SHARP.

WARNING: Liquids and other foods must not be heated in sealed containers since they are liable to explode.

Microwave heating of beverages can result in delayed eruptive boiling, therefore care must be taken when handling the container.

Do not cook eggs in their shells, and whole hard boiled eggs should not be heated in microwave ovens since they may explode even after microwave cooking has ended. To cook or reheat eggs which have not been scrambled or mixed, pierce the yolks and the whites, or the eggs may explode. Shell and slice hard boiled eggs before reheating them in the microwave oven.

Utensils should be checked to ensure that they are suitable for use in the oven. See Page 28. Use only microwave safe containers and utensils on microwave modes.

The contents of feeding bottles and baby food jars must be stirred or shaken and the temperature checked before consumption, in order to avoid burns.

The door, outer cabinet, oven cavity, dishes, accessories and especially the grill heating elements will become very hot during operation. Care should be taken to avoid touching these areas. To prevent burns, always use thick oven gloves. Before cleaning make sure they are not hot.

When heating food in plastic or paper containers, keep an eye on the oven due to the possibility of ignition.

If smoke is observed, switch off or unplug the oven and keep the door closed in order to stifle any flames.

The oven should be cleaned regularly and any food deposits removed.

Failure to maintain the oven in a clean condition could lead to deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.

Do not use harsh abrasive cleaners or sharp metal scrapers to clean the oven door glass since they can scratch the surface, which may result in shattering of the glass.

Steam cleaner is not to be used.

See instructions for cleaning door seals, cavities and adjacent parts on page 22.

Other warnings

1. To reduce the risk of fire in the oven cavity:
 - a. No other liquid than room temperature water suitable for drinking (filtered) can be poured into the water tank.
 - b. The oven should not be left unattended during operation. High oven temperature or long cooking time may overheat foods resulting in a fire.
 - c. Do not overcook food.
 - d. Remove wire twist-ties from paper or plastic bags before placing bag in the oven.
 - e. Do not heat oil or fat for deep frying. The temperature of the oil cannot be controlled.
 - f. Do not use containers made of synthetic material for cooking. They could melt at high temperature.

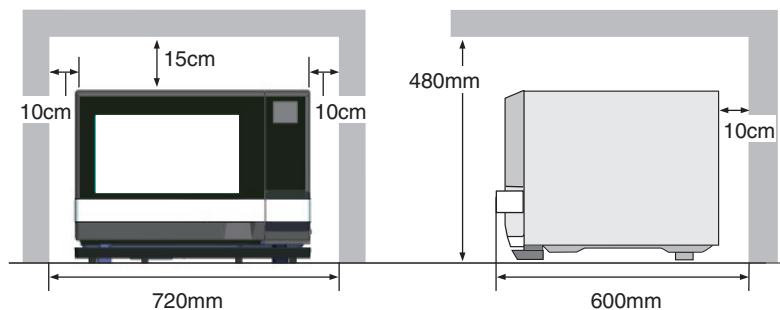
IMPORTANT SAFETY INSTRUCTIONS

- g. Do not use plastic containers if the oven is still hot because they may melt. Plastic containers must not be used unless the container manufacturer claims it is suitable.
 - h. Do not store food or any other items inside the oven.
 - i. When alcoholic beverages are added when roasting or cooking cakes and sweets, there is a risk that vapours released by the alcohol may catch fire upon coming into contact with the electrical heating element. Attend the oven closely during cooking.
2. To reduce the risk of an explosion or delayed eruptive boiling, care should be taken when handling the container. Your oven is capable of heating food and beverages very quickly with microwave, therefore it is very important that you select the appropriate cooking time and power level for the type and quantity of food to be heated. If you are unsure of the cooking time and power level required, begin with low cooking times and power levels until the food is sufficiently heated evenly throughout.
- Additionally:
- a. Do not place sealed containers in the oven. Babies bottles fitted with a screw cap or teat are considered to be sealed containers.
 - b. Do not use excessive amount of time.
 - c. When boiling liquids in the oven, use a wide-mouthed container.
 - d. Stand at least for 20 seconds at the end of cooking to avoid delayed eruptive boiling of liquids.
 - e. Stir the liquid before and during cooking. Use extreme care when handling the container or inserting a spoon or other utensil into the container.
3. This oven is for home food preparation only and should only be used for heating, cooking and defrosting food and beverage.
It is not suitable for commercial, laboratory use, or heating therapeutic devices eg. Wheat bags.
4. Never operate the oven whilst any object is caught or jammed between the door and the oven.
5. Handle with care when removing items from the oven so that the utensil, your clothes or accessories do not touch the latches.
6. Never poke an object, particularly a metal object, through a grille or between the door and the oven while the oven is operating.
7. Never tamper with or deactivate the latches.
8. Always use oven gloves to prevent burns when handling utensils that are in contact with hot food. Enough heat from the food can transfer through utensils to cause skin burns.
9. If the oven lamp fails please consult your dealer or a qualified service technician trained by SHARP.
10. Avoid steam burns by directing steam away from the face and hands. Slowly lift the furthest edge of a dish's cover including microwave plastic wrap etc., and carefully open popcorn and oven cooking bags away from the face.
11. Make sure that the power supply cord is undamaged, and that it does not run under the oven or over any hot surfaces or sharp edges.
12. Use care when opening door. To avoid burns from escaping heat and steam, let hot air or steam escape before removing or replacing food.
13. Do not place anything on the outer cabinet because the oven will become very hot during operation.
14. To avoid burns, always test the food and container temperature and stir before serving. Pay special attention to the temperature of food and drink given to babies, children and the elderly. Do not drink beverages or soup without checking the container's temperature. Take extra caution when handling the container because it becomes very hot.
15. Make sure the utensil does not touch the interior walls during cooking.
16. Do not touch the oven door, outer cabinet, rear cabinet, oven cavity, air-vent openings, accessories and dishes because the escaping steam from the ventilation cover during operation becomes hot.
17. Do not touch around the oven lamps directly. This part will become hot when the oven lamp is on.
18. When the oven is in use, ventilate a room where the oven is installed. e.g. open a window or switch a kitchen ventilation fan on.
19. Do not operate the oven if the water tank cracks and water leaks. Please contact a service centre approved by SHARP.
20. Do not insert fingers or objects in the holes (the steam outlets or air-vent openings) as this may damage the oven and cause an electric shock or a hazard.
21. Do not touch the electric plug with wet hands and plug into the electric wall socket securely. When removing the plug from the socket always grip the plug, never pull the power supply cord as this may damage the power supply cord and the connections inside the plug.
22. Never move the oven when it is operating. If the oven needs to be moved, always drain all water inside the oven using DRAIN WATER function. After draining, empty the drip tray.
23. Do not put any water on the door or control panel intentionally.
24. If the oven falls down or drops on the floor, do not use the oven. Unplug the unit and contact a service centre approved by SHARP.

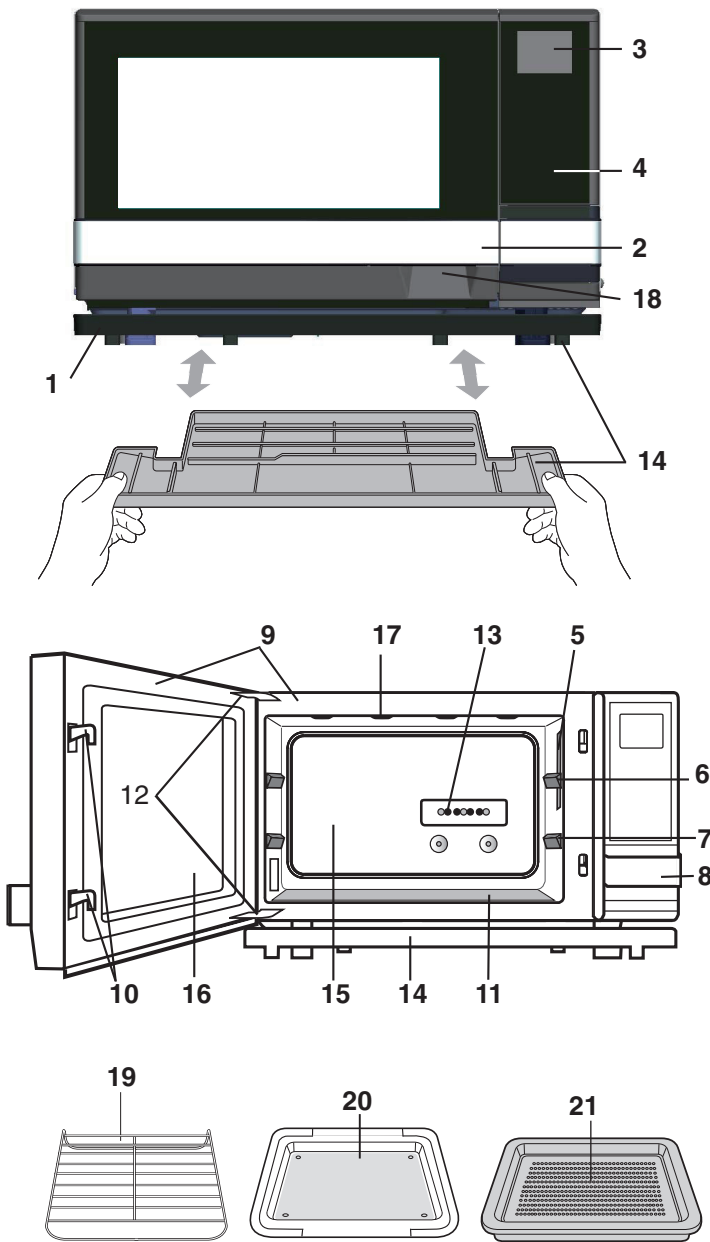
INSTALLATION INSTRUCTIONS

1. Remove all packing materials from the oven cavity, and the feature sticker from the outside of the door, if there is one. Check the unit for any damage, such as a misaligned door, damaged door seals around the door or dents inside the oven cavity or on the door. If there is any damage, please do not operate the oven until it has been checked by a service centre approved by SHARP and repaired, if necessary.
2. Accessories provided
 - 1) Rack
 - 2) Glass tray
 - 3) Steam tray
 - 4) Combined operation manual and cookbook
 - 5) Touch guide
3. Since the door may become hot during cooking, and in order to avoid its accidental touch, the oven should be placed at least 85 cm or more above floor. You should also keep children away from the door to prevent them burning themselves.
4. This oven is designed to be used on a countertop or in a cabinet. It should not be installed in any area where excessive heat and steam are generated, for example, next to a conventional oven unit. It should not be installed near combustible materials, for example, curtains. The oven should be installed so as not to block ventilation openings. Allow a space of at least 15cm on the top, 10cm on both sides and at the rear of the oven for adequate air circulation. When installing in a cabinet, the minimum inside dimension of the cabinet should be 720mm(W) x 480mm(H) x 600mm(D). Refer to Figure 1 below. This oven is not designed for built-in installation.
5. Do not connect other appliances to the same socket using an adaptor plug.
6. Neither the manufacturer nor the distributors can accept any liability for damage to the machine or personal injury for failure to observe the correct electrical connecting procedure. The A.C. voltage and frequency must be single phase 230-240V, 50Hz.
7. This appliance must be earthed.
8. Operate the oven from a general purpose domestic outlet. If a generator is used, do not operate the oven with non-sinusoidal outputs.

Figure 1



OVEN DIAGRAM



- 1** Ventilation openings
Be aware that hot steam or air comes out during steam or grill mix cooking, and keep children away from the oven.
- 2** Door open handle
- 3** LCD display
- 4** Control panel
- 5** Oven lamp
- 6** Upper position (position 3)
- 7** Lower position (position 2)
- 8** Water tank (See page 8.)
- 9** Door seals and sealing surfaces
- 10** Latch
- 11** Oven floor (position 1)
- 12** Door hinges
- 13** Steam outlets
- 14** Drip tray (See page 8.)
- 15** Oven cavity
- 16** See through door
- 17** Grill heating element (at the oven cavity ceiling)
- 18** Door lever
To open, grip the door lever from the bottom and pull it towards you.

ACCESSORIES

- 19** Rack
For Grill and Grill Mix.
Do not use for Steam and Microwave.
Always place on glass tray.
- 20** Glass tray
- 21** Steam tray x2
For Steam only.
Always place above/on glass tray.
Do not use for Microwave, Grill and Grill Mix.

WARNING for stacking the steam tray and glass tray:

After cooking, take out the steam tray first. See Figure 2. Be aware of excess water from the steam tray, we recommend you place it directly on a flat dish or tray to avoid spillages. Before taking out the glass tray, make sure that it is cool. Be aware that there may be water on the glass tray, so take care when removing it.

NOTE:

Place the rack on glass tray as shown in Figure 1.

WARNING:

The oven cavity, door, outer cabinet, accessories and dishes will become very hot. Use thick dry oven gloves when removing the food or accessories from the oven to prevent burns.

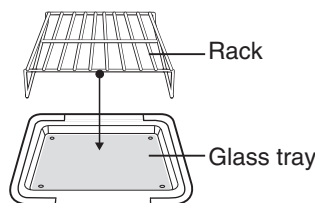


Figure 1

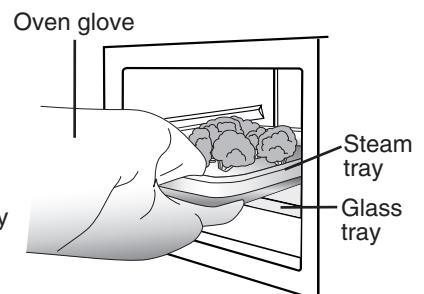
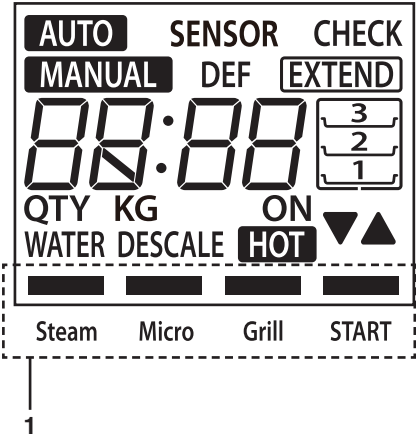


Figure 2

OPERATION OF CONTROL PANEL

Display Information



The display shows useful information including cooking time and cooking mode.

1. Cooking mode & START indicators

The indicator will flash or light up during the operation.

You can press a concerned key when the indicators are flashing.

When the indicators light up on the display, they mean that each cooking mode is selected or the oven is operating in each cooking mode.

AUTO: Automatic cooking is selected or in progress.

SENSOR: Sensor cooking is selected or in progress.

MANUAL: Manual cooking is selected or in progress.

CHECK: Some action is necessary (e.g. turn over, stir).

DEF: Steam Defrost or Micro Defrost is selected or in progress.

QTY : Quantity is necessary to be selected.

KG : Weight is necessary to be inputted.

ON: The oven is in operation.

EXTEND: Cooking time can be extended.

HOT: The oven is very hot.

▲ (MORE): More time adjustment is selected for automatic cooking.

▼ (LESS): Less time adjustment is selected for automatic cooking.

DESCALE: Descaling is necessary.

WATER: Water is necessary. When this indicator appears on the display, the oven is operating in the menu using water.



Tray position indicators:

The position of the tray(s) for automatic cooking and manual steam cooking.

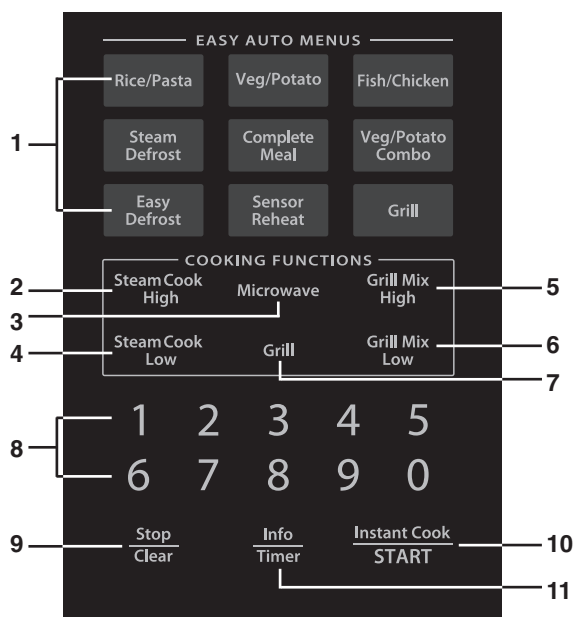
3: Upper position

2: Lower position

1: Oven Floor

OPERATION OF CONTROL PANEL

Touch Control Panel Layout



Operating keys:

- 1 EASY AUTO MENUS keys**
Press to select 'Easy Auto Menus' menus.
- 2 STEAM COOK HIGH key**
Press to select steam cook high cooking.
- 3 MICROWAVE key**
Press to select microwave cooking. Press to select microwave power setting. If power is not selected, it automatically defaults to 100%. Press to increase/decrease the time whilst programming the automatic operations.
- 4 STEAM COOK LOW key**
Press to select steam cook low cooking.
- 5 GRILL MIX HIGH key**
Press to select grill mix high cooking.
- 6 GRILL MIX LOW key**
Press to select grill mix low cooking.
- 7 GRILL key**
Press to select grill cooking.
- 8 NUMBER keys**
Press to select menu number, cooking times, clock time, weight or quantity of food.
- 9 STOP/CLEAR key**
Press to clear during programming. Press once to stop operation of oven during cooking; press twice to cancel cooking programme.
- 10 INSTANT COOK/START key**
Press once to cook for 1 minute at 100% power level or increase by 1 minute multiples each time this key is pressed during manual cooking. Press to start oven after setting programs.
- 11 INFO/ TIMER key**
Press to do maintenance to your oven, or customise it.
Press to set timer.

IMPORTANT INSTRUCTIONS

Read Carefully Before Cooking with Steam

WATER TANK

To fill the water tank with room temperature water suitable for drinking (filtered) is a must for cooking with steam. Be sure to follow the directions below.

1. Pull the water tank toward you to remove. (Figure 1)
2. Wash the water tank and lid for the first time.
3. Fill the water tank with **room temperature water suitable for drinking (filtered) through the lid to the MAX mark each time you begin to cook.** (Figure 2) Do not fill the water tank over the MAX mark.
4. Make sure the lid is closed firmly.
5. Install the water tank by pushing firmly. (Figure 3)
6. After cooking, empty the water tank and wash the water tank and the lid.

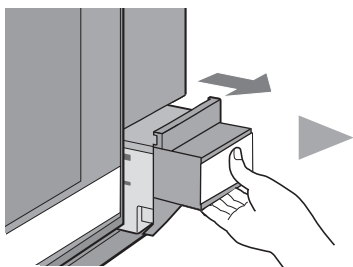


Figure 1

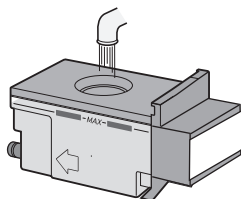


Figure 2

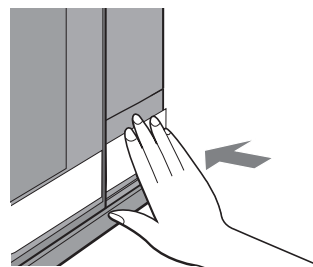


Figure 3

NOTES:

1. Do not use any other liquids like distilled water, mineral water and etc.
2. An insufficient amount of water in the water tank may cause an undesired result.
3. We recommend that you empty the water tank every time after cooking. Do not leave the water tank filled with water in the oven over a day.
4. If "Err, WATER (flashing)" is shown in the display during Steam cooking, refer to the Troubleshooting Chart on page 23. The message will not appear in Descal function.
5. Do not drop or damage the water tank. Heat may cause the water tank to change shape. Do not use a damaged water tank. Contact a service centre approved by SHARP.
6. There may be a few water drops when removing the water tank. Wipe the oven dry with a soft cloth.
7. Do not block the air holes on the lid of the water tank. It will cause trouble during cooking.

DRIP TRAY

Be sure to cook with drip tray in position and follow the directions below.

The drip tray is packed with the oven. Place the drip tray under the oven door as shown in Figure 4. This drip tray collects the condensation from the oven door.

To remove the drip tray: Pull the drip tray toward you with both hands.

* Make sure water is not dripping down before removing the drip tray.

To replace the drip tray: Place the drip tray onto the right and left hooks under the oven and push firmly as shown in Figure 4. Insert the drip tray horizontally when you attach it. Improper use may cause the damage to the hooks.

Empty the drip tray after each time you cook.

Empty, rinse thoroughly, dry and replace. Failure to empty may cause the drip tray to overflow. Cooking repeatedly without emptying the drip tray may cause it to overflow.

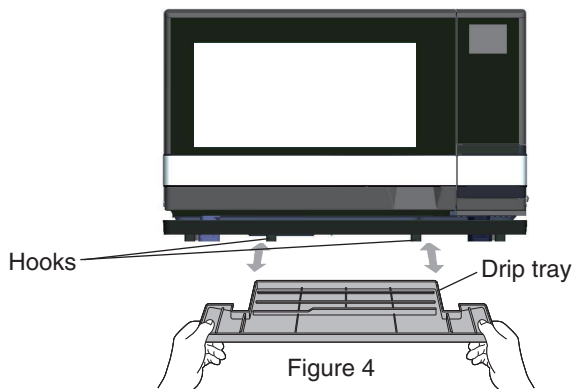


Figure 4

WARNINGS:

1. The oven will become very hot after cooking and draining water function.
2. Do not open the oven with your face close to the oven. Steam from the oven may cause burns.
3. Make sure that the oven has cooled before emptying the water tank and the drip tray and then wipe the oven cavity.
4. Do not touch the water directly as water in the drip tray may be hot.

IMPORTANT INSTRUCTIONS

Steam in Automatic and Manual Cooking

Before cooking

1. Make sure the water tank is filled with room temperature water suitable for drinking (filtered) and is installed. (See page 8.)
2. Make sure the empty drip tray is installed. (See page 8.)
3. Place food in the oven. Make sure to place the glass tray in lower position (position 2) for cooking with steam mode.

After Cooking

1. After the oven has cooled, remove and empty the water tank and wipe the oven cavity. Be aware that the grill heating element and steam outlets may still be hot, so take care when wiping the ceiling and cavity back plate. (The grill heating element will turn on for a very short time intermittently during the cooking.) Empty the drip tray.
2. Perform the Drain Water function at least once a day after using Easy Auto Menus (except for Easy Defrost, Sensor Reheat, Grill), Steam Cook High and Steam Cook Low.
3. Check that water is not dripping down before removing the drip tray, as a small amount of water may drain into the drip tray when the water tank is removed.
4. During and after cooking, condensed water may be on the door, oven walls and oven floor. Dry any liquid residue with a soft cloth. After the last use of the day, we recommend to operate the oven with Grill for 3 minutes without food and accessories for drying the water off around grill heating element.

WARNING: Do not open the oven with your face close to the oven. Steam from the oven may cause burns.

NOTE: Keep the door closed. If opened during cooking, steam will escape and a longer cooking time will be required.

IMPORTANT INSTRUCTIONS

Drain Water Function

Perform the Drain Water function at least once a day after cooking with steam. It takes up to 7 minutes.

Drain Water function is very useful to prevent scale build up and the use of stale water. It causes evaporation of the internal steam system.

PROCEDURE

- 1** Remove the water tank. Ensure that no food is in the oven. Press **Info/Timer** and number **1** to select "In F1".

Info
Timer

1

- 2** Press **Instant Cook/START**. "In F1" will flash on and off in the display during the Drain Water function.

Instant Cook
START

- 3** When the drain function has ended and the oven is cool, wipe oven cavity. Empty the drip tray.

NOTES:

1. The water tank must be removed before starting this procedure.
2. If Drain Water Function is set, Energy Save Mode will be cancelled temporarily.

Descalc Function

White or gray grains, also called scale, may form in the water circuit inside the oven during steam generation, which could cause the oven to malfunction.

When "DESCALE (flashing)" is shown in the display, be sure to carry out Descalc function immediately. It takes about 1 hour. (The descaling using citric acid or lemon juice is for about 30 minutes, and then rinsing with fresh water is for about 30 minutes.)

PROCEDURE

- 1** Pure citric acid, available at some drugstores, or bottled 100% lemon juice with no pulp are used for descaling. Choose one and prepare the descaling solution.

To use pure citric acid, dissolve 1 tablespoon of pure citric acid crystals in 500ml of water in a non-porous container. Stir well and pour into the water tank to the MAX mark.

To use 100% bottled lemon juice, check that there is absolutely no pulp in it. If there is pulp or you are not sure, strain through a fine strainer. Measure 70ml of the strained lemon juice and add it to 500ml of water. Stir well and pour into the water tank to the MAX mark.

Place the water tank in the oven correctly and push firmly into place.

- 2** Press **Info/Timer** and number **2** to select "In F2".

Info
Timer

2

- 3** Place the glass tray in lower position (position 2). Slide tray toward back wall of oven until it stops.

- 4** Do not place any food in the oven. Close the door firmly. Press **Instant Cook/START** to begin descaling. (about 30 min.)

Instant Cook
START

- 5** When the oven has stopped and is cool, remove water tank, empty, rinse and refill with room temperature water suitable for drinking (filtered) to the MAX mark. Replace the water tank. Empty the drip tray and replace it. Remove glass tray, empty, rinse and dry. Follow step 3 to replace glass tray. Close the door firmly. Press **Instant Cook/START**. Rinsing will start. (about 30 min.)

Instant Cook
START

- 6** When rinsing has ended and the oven is cool, remove water tank and empty. Remove glass tray and empty. Wipe oven cavity to dry. Empty the drip tray.

NOTE:

If Descalc Function is set, Energy Save Mode will be cancelled temporarily.

BEFORE OPERATING

- Before operating your oven, make sure you read and understand this operation manual completely.
- Before the oven can be used, follow these procedures:
 1. Place the drip tray correctly. See page 8.
 2. See below for getting started.
 3. Follow directions on the right side for clean the oven before first use.

Getting Started

Your oven has an Energy Save Mode. This feature saves electricity when the oven is not in use.

PROCEDURE

- 1** Plug the oven into a power point. Nothing will appear on the display at this time.
- 2** Open the door. The display will show “.0”.
- 3** Close the door. Now the oven is ready to use.

CAUTION:

In Energy Save Mode the clock will not be displayed. In Energy Save Mode, if you do not operate the oven for 3 minutes or more (i.e. after closing the door, or pressing **Stop/Clear**, or at the end of cooking), you will not be able to operate the oven until you open and close the oven door.




NOTE:

When you set Child Lock or Demonstration Mode, Energy Save Mode will be cancelled.

To Set The Clock

* Suppose you want to enter the correct time of day. (A.M. or P.M.)

PROCEDURE

- 1** Press **Info/Timer** and number **6** (in F6).

- 2** Enter the correct time of day by pressing the numbers in sequence.

- 3** Press **Instant Cook/START**.


NOTES:

1. This is a 12 hour clock. If you attempt to enter an incorrect clock time, “Err” will appear in the display. Press the **Stop/Clear** and re-program the clock.
2. If the electrical power supply to the oven should be interrupted, the display will intermittently show blank after the power is reinstated. If this occurs during cooking, the program will be erased. The time of day will also be erased.
3. When you set Clock, Energy Save Mode will be canceled.

STOP/CLEAR

1. Press **Stop/Clear** if you make a mistake during programming.
2. Stop the oven temporarily during cooking.
3. Cancel a program during cooking, press twice.

CLEAN THE OVEN BEFORE FIRST USE

You may detect smoke or a burning smell when using the grill for the first time, this is normal and not a sign that the oven is out of order. To avoid this problem, when first using the oven, operate the grill without food for 20 minutes.

PREPARATION

Ventilate the room.

PROCEDURE

- 1** Ensure that no food is in the oven. Press **Grill** once.

- 2** Enter the time (20.00) and **Instant Cook/START**.



WARNING:

The oven door, outer cabinet, oven cavity and especially the grill heating element will become hot.

AUTOMATIC COOKING

Automatic Operation is cooked with steam, grill and microwave function. Refer to each function for the details.

Easy Auto Menus

Easy Auto Menus have 9 categories and 27 menus.

Category 1-6: Rice/Pasta, Veg/Potato, Fish/Chicken, Steam Defrost, Complete Meal, Veg/Potato Combo

Category 7: Easy Defrost

Category 8: Sensor Reheat

Category 9: Grill

For Category 1-6:

Always cook food using steam tray and glass tray. Refer to the Easy Auto Menu Guide for details on page 33-36. And see the important instructions on page 8-9.

* Suppose you want to cook 0.3 kg of Fish Fillets.

PROCEDURE

1 Make sure the water tank is filled to the MAX mark with room temperature water suitable for drinking (filtered) and is installed. Press **Fish/Chicken** once.

Fish/Chicken

2 Select desired Fish Chicken setting. (Ex: press number **1** to select Fish Fillets.)

1

3* Press number for desired weight. (Ex: press **3** for 0.3 kg.)

3

4 Place food in oven by following the directions in the cooking guide on page 33. Close the door. Press **Instant Cook/START**.

Instant Cook
START

5 After cooking, EXTEND will appear. If you wish to extend cooking time, press the desired time and **Instant Cook/START**. If not, press **Stop/Clear**. After the oven has cooled, remove and empty the water tank, wipe oven cavity. Empty the drip tray.

Instant Cook
START

Stop
Clear

* When selecting the quantity:
Enter the desired quantity by pressing number.

WARNING for stacking the steam tray and glass tray:

After cooking, take out the steam tray first. See Figure 2 on page 5. Be aware of excess water from the steam tray, we recommend you place it directly on a flat dish or tray to avoid spillages.

Before taking out the glass tray, make sure that it is cool. Be aware that there may be water on the glass tray, so take care when removing it.

NOTES:

1. Enter the weight or amount of the food only. Do not include the weight of the container.
2. For foods weighing more or less than weights given in the cooking charts, cook manually.
3. The programmed cooking times are average times. To extend cooking times preprogrammed in the automatic cooking, see Extending Cooking Time at the End of Steam Cooking on page 19. Before extending the cooking time, make sure the water tank is filled to the MAX mark with room temperature water suitable for drinking (filtered) and is installed.
4. Any selection can be programmed with More or Less Time Adjustment. See page 19.
5. Keep the door closed. If opened during cooking, steam will escape and a longer cooking time will be required.
6. The amount of water in the water tank is sufficient for one cooking operation. Water does not need to be added during cooking.
7. During and after cooking, condensed water may be on the door, oven walls and oven floor. Dry any liquid residue with a soft cloth. After the last use of the day, we recommend to operate the oven with Grill for 3 minutes without food for drying the water off around grill heating element.
8. After cooking, the oven will automatically cool and you will hear the sound of the cooling fan. The fan may continue to operate up to 10 minutes depending on the oven and parts temperature.
9. If you attempt to enter more or less than the allowed amount as indicated in chart, "Err" will appear in the display.

WARNINGS:

1. The oven door, outer cabinet, oven cavity, accessories, dishes and especially the grill heating element will become hot. Use thick oven gloves when adding or removing foods to prevent burns.
2. Do not open the oven with your face close to the oven. Steam from the oven may cause burns.

NOTE for Steam Defrost:

They are defrosted with Steam and Microwave. Do not use the glass tray, steam tray and metal rack.

AUTOMATIC COOKING

For Category 7: Easy Defrost

Easy Defrost has 4 menus. Do not use the glass tray, steam tray and metal rack.

- 1 Steak/Chops
- 2 Poultry
- 3 Roast Meat
- 4 Mince/Sausage

Refer to Easy Defrost Guide on page 37 for details.

* Suppose you want to defrost a 0.5 kg Steak.

PROCEDURE

- 1** Press **Easy Defrost** once.

Easy
Defrost

- 2** Select desired Easy Defrost setting.
(Ex: press number **1** to select Steaks.)

1

- 3** Press number for desired weight.
(Ex: press **5** for 0.5 kg.)

5

- 4** Place food in oven by following the directions in the cooking guide on page 37. Close the door. Press **Instant Cook/START**.

Instant Cook
START

- 5** The oven will stop and CHECK will flash on and off. Open the door. Turn over the steak and shield the defrosted portions. Close the door. Press **Instant Cook/START**.

Instant Cook
START

NOTES:

1. Enter the weight of the food only. Do not include the weight of the container.
2. Any selection can be programmed with More or Less Time Adjustment. See page 19.
3. To defrost other foods or foods above or below the weights allowed on Easy Defrost Guide, use time and 30% microwave power. See Microwave on page 18.
4. After cooking, the oven will automatically cool and you will hear the sound of the cooling fan. The fan may continue to operate up to 10 minutes depending on the oven and parts temperature.
5. Do not use the glass tray, steam tray and metal rack.

For Category 8: Sensor Reheat

Sensor Reheat automatically reheats all the food shown in the Sensor Reheat Guide on page 38.

SPECIAL NOTE for Sensor Reheat:

1. Wipe off any moisture from the outside of cooking containers and the interior of the oven with a dry cloth or paper towel prior to reheating.
2. "Err" will be displayed if:
 - (a) the sensor does not detect the vapour.
 - (b) the door is opened or the **Stop/Clear** is pressed before the cooking time is displayed.

To clear, press the **Stop/Clear** pad and reheat manually.

Refer to Sensor Reheat Guide for details on page 38.

* Suppose you want to reheat 1 cup Thin Soup with Standard time.

PROCEDURE

- 1** Press **Sensor Reheat** once.

Sensor
Reheat

- 2** Select desired Sensor Reheat setting.
(Ex: press number **3** to select Thin Soup.)

3

- 3** Press **Instant Cook/START**.

Instant Cook
START

NOTES:

1. It is not necessary to enter the weight of the food.
2. Any Sensor Reheat selection can be programmed with More or Less Time Adjustment. See page 19.
3. To reheat other food or food above or below the weights allowed on Sensor Reheat Guide, reheat manually. See Microwave on page 18.
4. When reheating small quantities of food on Sensor Reheat, the food may be reheated without displaying any remaining reheating time during the reheating.
5. Do not use the glass tray, steam tray and metal rack.
6. After cooking, the oven will automatically cool and you will hear the sound of the cooling fan. The fan may continue to operate up to 10 minutes depending on the oven and parts temperature.

AUTOMATIC COOKING

For Category 9: Grill

Grill has 4 menus.

- 1 Chicken Legs
- 2 Grilled Whole Chicken
- 3 Roast Beef
- 4 Grill Skewers

Refer to the Grill Guide on page 39 for details.

* Suppose you want to cook 0.5 kg of Chicken Legs.

PROCEDURE

- 1** Press **Grill** once.

Grill

- 2** Select desired Grill setting.
(Ex: press number **1** to select Chicken Legs.)

1

- 3** Press number for desired weight.
(Ex: press **5** for 0.5 kg.)

5

- 4** Place food in oven by following the directions in the cooking guide on page 39. Close the door. Press **Instant Cook/START**.

Instant Cook
START

- 5** The oven will stop and CHECK will flash on and off. Open the door. Turn over the chicken pieces. Close the door. Press **Instant Cook/START**.

Instant Cook
START

NOTES:

1. Enter the weight of the food only. Do not include the weight of the container.
2. For foods weighing more or less than weights given in the cooking chart, cook manually.
3. Always follow the instructions in the cooking guide.
4. All selections can be programmed with More or Less Time Adjustment. See page 19.
5. After cooking, the oven will automatically cool and you will hear the sound of the cooling fan. The fan may continue to operate up to 10 minutes depending on the oven and parts temperature.

WARNING:

The oven door, outer cabinet, oven cavity, accessories, dishes and especially the grill heating element will become hot. Use thick oven gloves when adding or removing foods to prevent burns.

MANUAL COOKING

Manual Cooking is an option in Steam Cook, Grill, Grill Mix and Microwave.

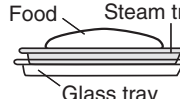

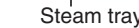
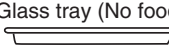


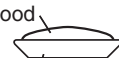
Refer to the “Manual Cooking Chart” and “Food and Utensil Position Chart”. The charts give information on each setting.

Manual Cooking Chart

Cooking mode		Temp/power range	Time range	Water tank
Steam Cook	High	100 °C	0 - 35 min.	YES
	Low	70 - 95 °C *	0 - 60 min.	YES
Grill		—	0 - 99 min. 99 sec.	NO
Grill Mix	High	Grill: 50% power Microwave: 50% power	0 - 99 min. 99 sec.	NO
	Low	Grill: 90% power Microwave: 10% power	0 - 99 min. 99 sec.	NO
Microwave		0 - 100% power	0 - 99 min. 99 sec.	NO

* You can set the temperature from 70°C to 95°C in multiples of 5°C. (Initial setting: 90°C)

Food and Utensil Position Chart

Cooking mode		2 layer cooking		Food and utensil position (Refer to Figure 1.)		
				3: Upper	2: Lower	1: Oven floor
Steam Cook	High	YES	1 layer	—		—
			2 layers			—
	Low	NO				—
Grill		NO		 See NOTE 1.		
Grill Mix	High	NO				
	Low	NO				
Microwave		NO		—	 See NOTE 2.	

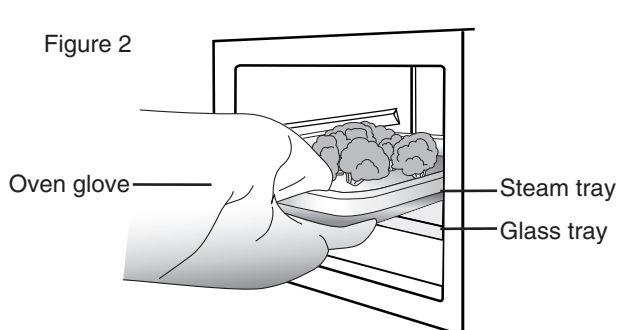
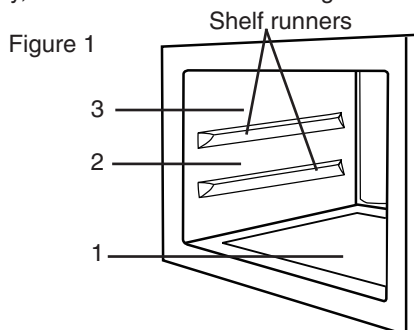
NOTES:

1. Select desired position depending on the food size. Position 2 or position 3 is recommended for most recipes. Place the food and glass tray on position 1 when roasting big portions to prevent touching the food to the oven ceiling. Smoke will occur during the cooking if the food touches the grill heating element.
2. For cooking cake, meatloaf and baked potato, place food in a microwave safe container on the glass tray and place the glass tray in lower position.
3. Do not leave the steam tray and rack wet after use.

WARNING for stacking the steam tray and glass tray:

After cooking, take out the steam tray first. See Figure 2. Be aware of excess water from the steam tray, we recommend you place it directly on a flat dish or tray to avoid spillages.

Before taking out the glass tray, make sure that it is cool. Be aware that there may be water on the glass tray, so take care when removing it.



MANUAL COOKING

Steam Cook

Manual Steam Cook has 2 options, Steam Cook High and Steam Cook Low. Always cook food using steam tray and glass tray. See page 15 for the details. And see the important instructions on page 8-9.

Cooking mode		Temperature
Steam Cook High	Steam Cook High	100 °C
Steam Cook Low	Steam Cook Low	70 - 95 °C

Use Steam Cook High to steam foods such as chicken or vegetables. Use Steam Cook Low to steam fish or egg custard gently. With Steam Cook Low mode, cooking time is a little longer than Steam Cook High mode. Steam cooks food gently without destroying shape, color or aroma. The Steam Cook High can be programmed for up to 35 minutes (35.00). The Steam Cook Low can be programmed for up to 60 minutes (60.00). On Steam Cook Low, the temperature can be set between 70°C and 95°C by multiples of 5°C. 2 layers cooking is available for Steam Cook High. 1 layer cooking only is available for Steam Cook Low.

STEAM COOK HIGH

* Suppose you want to cook for 20 minutes on Steam Cook High with 2 layers.

PROCEDURE

- 1 Make sure the water tank is filled to the MAX mark with room temperature water suitable for drinking (filtered) and is installed. Press **Steam Cook High** until the desired tray position indicators are displayed (2 and 3). **Steam Cook High** x 2

- 2 Enter the desired cooking time. **2000**

- 3 Press **Instant Cook/START**. **Instant Cook START**

- 4 After cooking, EXTEND will appear. If you wish to extend cooking time, enter the desired time and press **Instant Cook/START**. **Instant Cook START**
If not, press **Stop/Clear**. **Stop Clear**
After the oven has cooled, remove and empty the water tank, wipe oven cavity. Empty the drip tray.

STEAM COOK LOW

* Suppose you want to cook for 20 minutes on Steam Cook Low (75°C).

PROCEDURE

- 1 Make sure the water tank is filled to the MAX mark with room temperature water suitable for drinking (filtered) and is installed. Press **Steam Cook Low** until the desired temperature is displayed (75°C). **Steam Cook Low** x 4

- 2 Enter the desired cooking time. **2000**

- 3 Press **Instant Cook/START**. **Instant Cook START**

- 4 After cooking, EXTEND will appear. If you wish to extend cooking time, enter the desired time and press **Instant Cook/START**. **Instant Cook START**
If not, press **Stop/Clear**. **Stop Clear**
After the oven has cooled, remove and empty the water tank, wipe oven cavity. Empty the drip tray.

NOTES:

1. "Err" will be displayed at step 3 if the longer time than the maximum time for each Steam cooking mode is entered. To clear, press **Stop/Clear** and re-program.
2. To extend steaming times, see Extending Cooking Time at the End of Steam Cooking on page 19. Before extending the cooking time, make sure the water tank is filled to the MAX mark with room temperature water suitable for drinking (filtered) and is installed.
3. Keep the door closed. If opened during cooking, steam will escape and a longer cooking time will be required.
4. The amount of water in the water tank is sufficient for one cooking operation. Water does not need to be added during cooking.
5. During and after cooking, condensed water may be on the door, oven walls and oven floor. Dry any liquid residue with a soft cloth. After the last use of the day, we recommend to operate the oven with Grill for 3 minutes without food for drying the water off around grill heating element.
6. After cooking, the oven will automatically cool and you will hear the sound of the cooling fan. The fan may continue to operate up to 10 minutes depending on the oven and parts temperature.

WARNINGS:

1. The oven door, outer cabinet, oven cavity, accessories, dishes and especially the grill heating element will become hot. Use thick oven gloves when adding or removing foods to prevent burns.
2. Do not open the oven with your face close to the oven. Steam from the oven may cause burns.

MANUAL COOKING

Grill

The grill heating element at the top of the oven cavity has one power setting only. This mode does not use steam. This mode can be programmed for up to 99 minutes 99 seconds. 1 layer cooking only. Place the food onto the rack on glass tray and select desired position depending on the food size.

* Suppose you want to cook for 10 minutes on Grill.

PROCEDURE

1 Press **Grill** once.

Grill

2 Enter the desired cooking time.

1 0 0 0

3 Press **Instant Cook/START**.

**Instant Cook
START**

WARNING:

The oven door, outer cabinet, oven cavity, accessories, dishes and especially the grill heating element will become hot. Use thick oven gloves when adding or removing foods to prevent burns.

NOTES:

1. Keep the door closed. If opened during cooking, heat will escape and a longer cooking time will be required.
2. After cooking, the oven will automatically cool and you will hear the sound of the cooling fan. The fan may continue to operate up to 10 minutes depending on the oven and parts temperature.

Grill Mix

Grill Mix combines microwave power with grill. Grill Mix has 2 options; Grill Mix High and Grill Mix Low. This mode does not use steam. This mode can be programmed for up to 99 minutes 99 seconds. 1 layer cooking only.

Cooking mode	Cooking method
Grill Mix High Grill Mix High	Grill 50% Microwave 50%
Grill Mix Low Grill Mix Low	Grill 90% Microwave 10%

* Suppose you want to cook for 20 minutes on Grill Mix High.

PROCEDURE

1 Press **Grill Mix High** once.

**Grill Mix
High**

2 Enter the desired cooking time.

2 0 0 0

3 Press **Instant Cook/START**.

**Instant Cook
START**

WARNING:

The oven door, outer cabinet, oven cavity, accessories, dishes and especially the grill heating element will become hot. Use thick oven gloves when adding or removing foods to prevent burns.

NOTES:

1. Keep the door closed. If opened during cooking, heat will escape and a longer cooking time will be required.
2. After cooking, the oven will automatically cool and you will hear the sound of the cooling fan. The fan may continue to operate up to 10 minutes depending on the oven and parts temperature.

MANUAL COOKING

Microwave

Microwave is fast and convenient for cooking, reheating and defrosting.

First enter the cooking time then select the power level. This mode does not use steam. This mode can be programmed for up to 99 minutes 99 seconds.

There are 6 different power levels.

Display	Power level	Examples
100P	100%	Raw meat, Vegetables, Rice or Pasta
70P	70%	Delicate Food such as Eggs or Seafood.
50P	50%	
30P	30%	Defrost, Softening butter
10P	10%	Keep food warm
0P	0%	

This variable cooking control allows you to select the rate of microwave cooking.

If a power level is not selected, then 100% is automatically used.

1 layer cooking only.

* Suppose you want to cook for 5 minutes on 100%.

PROCEDURE

- 1** Enter the desired cooking time.

5|0|0

- 2** Press **Instant Cook/START**.

Instant Cook
START

To change the microwave power level, press **Micro** until the desired power level is displayed.

* Suppose you want to defrost for 5 minutes on 30%.

PROCEDURE

- 1** Enter the desired cooking time.

5|0|0

- 2** Change the power level by pressing **Microwave** until the desired microwave power level is displayed (30P).

Microwave
x 4

- 3** Press **Instant Cook/START**.

Instant Cook
START

NOTES:

1. After cooking, the oven will automatically cool and you will hear the sound of the cooling fan. The fan may continue to operate up to 10 minutes depending on the oven and parts temperature.
2. Do not use the steam tray and metal rack.

HINT:

For cooking cake, meatloaf and baked potato, place the container or food on the glass tray in lower position (position 2) .

OTHER CONVENIENT FEATURES

More or Less Time Adjustment

To use with automatic cooking:

You can adjust cooking results as you like.

Should you discover that you like any automatic settings slightly **more** done, press **Microwave** once after entering weight and before pressing **Instant Cook/START**.

Should you discover that you like any automatic settings slightly **less** done, press **Microwave** twice after entering weight and before pressing **Instant Cook/START**.

Extending Cooking Time at the End of Steam Cooking

This function is for Easy Auto Menus (except Steam Defrost, Easy Defrost, Sensor Reheat and Grill), Steam Cook High and Steam Cook Low only.

Cooking results may vary depending on room temperature, initial food temperature and other factors. You can adjust cooking results by adding more cooking time at the end. When cooking is finished, the display will show "EXTEND". It is only possible to add extra time during the 5 minutes when "EXTEND" is in the display. The time can be extended up to 9 minutes 99 seconds. Enter the desired time then press **Instant Cook/START**. The same cooking mode will be continued. Carefully check the cooking process.

NOTES:

1. Before extending Steam mode, make sure the water tank is filled to the MAX mark with room temperature water suitable for drinking (filtered) and is installed. If "Err, WATER (flashing)" is displayed during cooking, fill the water tank to the MAX mark. Position and push firmly into place, then press **Stop/Clear** to clear the error message. To continue the cooking, cook manually. Check for doneness from time to time.
2. Extend mode is cancelled when **Stop/Clear** is pressed.
3. The Extending Cooking Time function can be repeated until the food is cooked as you desire.
4. While the display shows "EXTEND", Energy Save Mode will be cancelled temporary.

End of Cooking Reminder

At end of cooking, the oven will signal and repeat after 1, 2 and 3 minutes unless door is opened or **Stop/Clear** is pressed.

Multiple Sequence Cooking

This function allows you to cook using up to 3 manual cooking programs; combinations of Microwave, Grill and Grill Mix.

* Suppose you want to cook in Sequence Cooking for:

5 minutes on 70 % Microwave power (Stage 1)

3 minutes on Grill (Stage 2)

3 minutes on Grill Mix High (Stage 3)

PROCEDURE

- 1 For 1st stage, press **Microwave** until the desired microwave power level is displayed (70P), and enter the desired cooking time.

Microwave
x 2

5 0 0

- 2 For 2nd stage, press **Grill** and enter the desired cooking time.

Grill

3 0 0

- 3 For 3rd stage, press **Grill Mix High**, and enter the desired cooking time.

Grill Mix
High

3 0 0

- 4 Press **Instant Cook/START**.

Instant Cook
START

NOTE:

After cooking, the oven will automatically cool and you will hear the sound of the cooling fan. The fan may continue to operate up to 10 minutes depending on the oven and parts temperature.

WARNING:

The oven door, outer cabinet, oven cavity, accessories, dishes and especially the grill heating element will become hot. Use thick oven gloves when adding or removing foods to prevent burns.

OTHER CONVENIENT FEATURES

Kitchen Timer

Use the Kitchen Timer as a minute timer or to monitor the standing time for cooked/thawed food.

* Suppose you want to set the kitchen timer for 5 minutes.

PROCEDURE

1 Enter the desired time.

5 0 0

2 Press **Info/Timer** once.

Info
Timer

NOTE:

In Energy Save Mode, open and close the door to activate Kitchen Timer before entering the desired time.

Instant Cook

Instant Cook allows you to operate the two following functions:

a) Direct start

You can directly start cooking on 100% Microwave power for 1 minute by pressing **Instant Cook/START**.

NOTE:

To avoid the misuse by children **Instant Cook/START** can be used only within 3 minutes after preceding operation, i.e., closing the door, pressing the **Stop/Clear** key or cooking completion.

b) Extend the manual cooking time

You can extend the manual cooking time for multiples of 1 minute if **Instant Cook/START** is pressed while the oven is in operation.

NOTE:

You can not use this function for Steam cooking. The cooking time can be extended up to 99 minutes.

Info

Info key provides 7 features.

In F1: Drain

In F2: Descale

In F3: Water Hardness

In F4: Demo

In F5: Child Lock

In F6: Clock

In F7: Energy Save Mode

The number from "In F1" to "In F7" will be displayed when you select the feature.

These features can be selected by pressing **Info/Timer** and the desired function number and pressing **Instant Cook/START**.

DRAIN

The remaining water inside the steam generator can be evaporated by using the DRAIN function. See page 10.

DESCALE

See page 10.

WATER HARDNESS

Your oven is set at the factory to water hardness setting 2 (hard). You can set the oven for the water hardness level.

You can use a test strip available at some drug stores, to check the water hardness level.

In some areas, it is possible to ask the water supply company for the water hardness.

When you use test strips, follow the instructions of them.

Hardness level	Hardness range	Setting
1	<120 ppm <120 mg/l <6.7 °dH	Soft
2	120 - 250 ppm 120 - 250 mg/l 6.7 - 14.0 °dH	Hard
3	>250 ppm >250 mg/l >14.0 °dH	Very hard

PROCEDURE

1 Press **Info/Timer** and the number **3** to select Water Hardness. "In F3" will be displayed then the preset hardness level will be displayed.

2 Press desired hardness level number and press **Instant Cook/START**. The water hardness setting will be held in the memory even if the oven power is off.

OTHER CONVENIENT FEATURES

DEMONSTRATION MODE

This feature is mainly for use by retail outlets, and also allows you to practice the key operation.

To demonstrate, press **Info/Timer** and number **4** (In F4) and then press **Instant Cook/START**. "dISP" will appear in the display.

Cooking operations can now be demonstrated with no power in the oven. The display will count down to zero at ten times the speed faster than normal.

To cancel, press **Info/Timer** and number **4** (In F4) and then press **Instant Cook/START**. The display will show "dISP OFF". Or unplug the oven from the electrical outlet and re-plug to cancel Demo Mode.

NOTES:

1. "dISP" will change to ". 0" when pressing **Stop/Clear**.
2. If you set Demo Mode, Energy Save Mode will be cancelled.

CHILD LOCK

Child Lock prevents unwanted oven operation such as by small children. The oven can be set so that the control panel is deactivated and locked.

To set the Child Lock, press **Info/Timer** and number **5** (In F5) and then press **Instant Cook/START**. "SAFE" will appear in the display. The control panel is now locked, each time a key is pressed, the display will show "SAFE".

To unlock the control panel, press **Info/Timer** and number **5** (In F5) and **Instant Cook/START** quickly. The display will show "SAFE OFF" and the oven is ready to use.

NOTES:

1. If you set Child Lock, Energy Save Mode will be cancelled.
2. When oven AC power is interrupted or disconnected, the setting returns to "SAFE OFF".

CLOCK

See page 11.

ENERGY SAVE MODE

Your oven has an Energy Save Mode. This feature saves electricity when the oven is not in use.

If you set the clock, Energy Save Mode will be cancelled. To start Energy Save Mode manually, follow the instructions below.

To set Energy Save Mode, press **Info/Timer** and number **7** (In F7) then press **Instant Cook/START**. "SV" will appear in the display. Then the display will show ". 0" for 3 minutes before the oven power is off.

To cancel Energy Save Mode, set Clock. See page 11.

NOTES:

1. If Clock, Child Lock or Demonstration Mode is set, Energy Save Mode will be cancelled.
2. When oven AC power is interrupted or disconnected, the ENERGY SAVE setting will be held in memory.

CLEANING AND CARE

Key Point for Cleaning - Immediately and frequently!

The food may splash during cooking and oily meat juice, remaining on the oven interior walls will get stuck and will be hard to remove if it is not cleaned immediately and after each use. The usage of the steam function will assist in this cleaning process.

CAUTION: DO NOT USE COMMERCIAL OVEN CLEANERS, STEAM CLEANERS, ABRASIVE, HARSH CLEANERS, ANY THAT CONTAIN SODIUM HYDROXIDE OR SCOURING PADS ON ANY PART OF YOUR MICROWAVE OVEN.

Before cleaning, make sure the oven cavity, door, oven cabinet, accessories and especially the grill heating element are completely cool.

CLEAN THE OVEN AT REGULAR INTERVALS AND REMOVE ANY FOOD DEPOSITS - Keep the oven clean, or the oven could lead to a deterioration of the surface. This could adversely affect the life of the appliance and possibly result in a hazardous situation.

Oven exterior

The outside of your oven can be cleaned easily with mild soap and water. Make sure the soap is wiped off with a moist cloth, and dry the exterior with a soft towel.

Oven controls

Open the door before cleaning to de-activate the oven controls. Care should be taken when cleaning the oven control. Using a cloth dampened with water only, gently wipe the panel until it becomes clean. Avoid using excessive amounts of water. Do not use any sort of chemical or abrasive cleaner.

Door

To remove all trace of dirt, regularly clean both sides of the door, the door seals and adjacent parts with a soft, damp cloth. Do not use harsh abrasive cleaners or sharp metal scrapers to clean the oven door glass since they can scratch the surface, which may result in shattering of the glass.

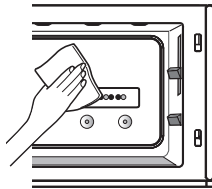
Door Seals

Always keep the door seals clean to prevent any damage. If water condenses inside the door seals, wipe dry with a soft cloth. Polish with another soft cloth. Do not use a chemical or abrasive cleaner on these surfaces. Care should be taken not to rub, damage, pull or move the seals. Before cooking, always check that door seals is lying smooth and flat. If not, steam will leak from the door. Do not use the oven if it has a damaged door seals. Consult a service centre approved by SHARP.

Oven interior

IMPORTANT INFORMATION:

- After every use: Wipe the oven walls with a soft cloth and warm water (or mild soapy water) while the oven is still warm. Using the oven without cleaning may lead spatters to get stuck.
- Do not use caustic cleaners (acidic/alkaline), spray type cleaners, abrasive or harsh cleaners or scouring pads as it may damage the surface of oven walls.



For removal of OIL AND FOOD SPLASHES on oven walls:

1. Fill the water tank with room temperature water suitable for drinking (filtered) through the lid to the MAX mark.
2. Operate the oven with Steam Cook High for 10 minutes without food. See page 16.
3. After the steaming, wipe the dirt in the oven interior with a dry soft cloth while the oven is still warm. Be aware that the grill heating element and steam outlets may be still hot, so take care when wiping the ceiling and cavity back plate. (The grill heating element will turn on for a very short time intermittently during the cooking.) We recommend to operate the oven with Grill for 3 minutes without food and accessories for drying the water off around grill heating element.

Steam Tray / Glass Tray / Rack

Wash steam tray, glass tray and rack after cooking with a mild soap or detergent solution, rinsing and polishing dry. Do not use harsh cleaners, sharp metal scrapers or stiff brushes to prevent damage to the easy clean surface. All the accessories can be washed in the dishwasher. Do not leave the steam tray and rack wet.

Water Tank and Water Tank Lid

After cooking, wash in a mild soap or detergent solution with a soft damp cloth or sponge, rinse and polish dry. Do not wash in the dishwasher. Do not use harsh cleaners, sharp metal scrapers or stiff brushes on the water tank and water tank lid.

Drip Tray

Empty drip tray after cooking, wash in a mild soap or detergent solution with a soft damp cloth or sponge, rinse, polish dry and replace below the oven front. Do not wash in the dishwasher.

Descaling within the Oven's Steam Parts

During steam production, scale may form in the steam generator. To remove scale, carry out descale function when "DESCALE" flashes on and off in the display. See page 10 for complete instructions.

TROUBLESHOOTING CHART

If EE is displayed or you think the oven is not working properly, check the chart below before consulting a service centre approved by SHARP. This will help to prevent unnecessary service calls.

WARNING:

Never adjust, repair or modify the oven by yourself. It is hazardous for anyone other than a qualified service technician trained by SHARP to carry out any service or repair operation. This is important as it may involve the removal of covers that provide protection against electrical parts.

- Repairs and Modifications: Do not attempt to operate the oven if it is not working properly.
- Outer cabinet: Never remove the outer cabinet to avoid the possibility of electrical shocks or burns.

Troubleshooting Chart

TECHNICAL ERROR MESSAGE / INFORMATION MESSAGE

MESSAGE ON DISPLAY		ACTION
TECHNICAL ERROR MESSAGE	EE	Due to technical error, contact a service centre approved by SHARP.
SENSOR ERROR	Err, SENSOR (flashing)	1. The sensor does not detect vapor properly in microwave sensor mode. 2. Oven door is opened or Stop/Clear is pressed during sensing. For both 1 and 2, press Stop/Clear and cook manually.
INFORMATION MESSAGE	Err	1. The time you set is over the maximum time for Steam Cook High or Steam Cook Low. Press Stop/Clear and re-program. 2. The time of day you enter is incorrect. This is 12 hour clock. Press the Stop/Clear and reprogram.
	Err, AUTO , DEF* , KG (flashing), QTY (flashing) * (DEF is on the display at Steam Defrost and Easy Defrost mode)	The weight or quantity you enter is more or less than the allowed amount as indicated in the cooking charts. Press the Stop/Clear and re-program.
	Err, HOT (flashing)	The oven is too hot to use for Steam Defrost, Easy Defrost or Steam Cook Low. Remove food from oven and allow to cool until the message clears.
	Err, WATER (flashing)	Remove water tank and fill with water to the MAX mark. Replace and push firmly into place, then press Stop/Clear to clear the error message. Make sure that the water tank is filled to the MAX mark with room temperature water suitable for drinking (filtered). To continue the cooking, cook manually. Check for doneness from time to time. NOTES: 1. Ensure you do not use any other liquids like distilled water, mineral water and etc. 2. When this error message appears again and again even if you fill the water tank with water, the internal steam system may be out of order. Contact a service centre approved by SHARP. You can use the oven for the cooking modes which do not use steam.
	COLD	The water in the internal steam system is frozen. Operate the oven with Grill without food for 10 minutes. See page 17.
	DESCALE (flashing)	Follow step-by-step instructions for descaling. See page 10.
	HOT (flashing)	The oven cabinet and oven cavity are very hot. Pay extra attention not to burn yourself.
	SV	This message is not a sign that the oven is malfunctioning. When the setting of Energy Save Mode is completed, "SV" will appear on the display. Then the display will show ". 0" for 3 minutes before the oven power is off. See page 21.

TROUBLESHOOTING CHART

The following situations are normal and are not signs that the oven is malfunctioning.

QUESTION / SITUATION		ANSWER
Control panel / power supply	The display is black / blank.	<ul style="list-style-type: none"> * Open the door and close. * Check the power plug is properly connected to a suitable wall outlet. * Check that fuse or circuit breaker are functioning properly. * Disconnect the power cord, wait for a minute. Then reconnect, open and close the door.
	The display is fine but Instant Cook/START will not function when pressed.	<ul style="list-style-type: none"> * Open the door and close. Is the oven light off? Press Instant Cook/START again. * If the message "Err, HOT (flashing)" is displayed, wait until the message has disappeared.
	Electrical power supply is interrupted during cooking.	The programmed cooking time and mode will be cancelled. Continue to cook with manual mode.
Energy save mode	The display does not change to blank.	In the following cases, Energy Save Mode will be cancelled temporarily: <ul style="list-style-type: none"> - When the door is opening. - Pause of the automatic cooking. - When the cooking fan is working after cooking. - Demonstration mode - Child lock - Extend mode - Drain mode - Descaling mode - Kitchen timer mode - When the display shows "Err, WATER (flashing)". - When Clock is set.
Water	Leakage of water from the bottom front of the oven.	<ul style="list-style-type: none"> * Check the drip tray is installed correctly. Remove and replace the drip tray correctly. See page 8. * Did you empty the drip tray before the cooking? You must empty the drip tray and replace it before Steam Cooking will start. See page 8.

TROUBLESHOOTING CHART

The following situations are normal and are not signs that the oven is malfunctioning.

QUESTION / SITUATION		ANSWER
Steam	Water is found inside the oven when the door is opened.	Steam has condensed inside the oven. Wipe dry with a soft cloth or a sponge after cooling.
	Steam comes out from the bottom of the oven.	The air ventilation openings are at the oven bottom (left side). It is normal for used steam to come from the air ventilation openings. Be aware that hot steam comes out during steam cooking, and keep children away from the oven.
	Condensed water can be seen in the oven cavity.	This operation is normal. Steam has condensed on the oven floor. Wipe dry with a soft cloth or a sponge after cooling.
	Steam comes from the door during cooking.	Check the door sealings to make sure it is lying smoothly and flat.
Noise / Sound	Noise during microwave cooking.	When microwaving, you may hear the magnetron cycling on and off depending on the power level.
	Noise after cooking.	The cooling fan will operate until the oven is cool. The fan may continue to operate up to 10 minutes depending on the oven and parts temperatures.
	Noise when cooking with high temperature.	High temperatures may cause expansion of the oven's components. This is normal.
Smoke / Aroma	When using the oven for the first time, it may smoke or smell.	See page 11 for step-by-step instructions for cleaning the oven before the first use.
Cooking result	The menu using the water does not have a good result.	<ul style="list-style-type: none"> * Did you fill the water tank with water to the MAX mark before cooking? * Did you take the water tank out from the oven during cooking? Do not remove the water tank during the cooking except for the case instructed in the cookbook or the operation manual. * Did you use the glass tray? See the important instructions on page 8-9.
Food spatters	It is difficult to remove food spatters stuck on the oven walls.	See "For removal of OIL AND FOOD SPLASHES on oven walls:" on page 22. It is important to clean the oven interior after every use.
Others	Time appearing in the display is counting down very rapidly.	Check Demonstration Mode on page 21 and cancel.
	Hot air comes out from the bottom of the oven.	The air ventilation openings are at the oven bottom (left side). This is normal. Be aware that hot air comes out during Grill Mix cooking, and keep children away from the oven.

SERVICE CALL CHECK

Check the following before calling service:

1. Does the display light when the door is opened and closed? Yes _____ No _____
2. When the door is opened, is the oven lamp switched on? Yes _____ No _____
3. Place one cup of water (approx. 250 ml) in a glass measure in the oven and close the door securely.
Oven lamp should go off if door is closed properly.
Programme the oven for one minute on Microwave 100%. At this moment:
 - A. Does the oven lamp light? Yes _____ No _____
 - B. Does the cooling fan work? Yes _____ No _____
You will hear the fan sound.
 - C. Does the Microwave indicator appear on the display? Yes _____ No _____
 - D. After one minute, did an audible signal sound? Yes _____ No _____
 - E. Is the water inside the oven hot? Yes _____ No _____
4. Remove water from the oven and programme the oven for 5 minutes on Grill.
 - A. Does the Grill indicator appear on the display? Yes _____ No _____
 - B. After the oven stops, is the inside of the oven hot? Yes _____ No _____
5. Fill the water tank with water and replace.
Operate the oven for 3 minutes on Steam Cook High.
 - A. After the oven stops, is the inside of the oven filled with steam? Yes _____ No _____

If "NO" is the answer to any of the above questions, please check your wall socket and the fuse in your meter box. If both the wall socket and the fuse are functioning properly, contact your nearest service centre approved by SHARP.

IMPORTANT: If the display shows nothing even if the power supply plug is properly connected, the Energy Save Mode may be in operation. Open and close the oven door to operate the oven. See "Getting Started" on page 11.

NOTES:

1. If time in the display is counting down very rapidly, check Demonstration Mode. (Please see page 21 for detail.)
2. If the oven is set for more than about 20 minutes on Microwave 100% power level, output power will be reduced to avoid overheating. Finally the output power will be 70% power level.

SPECIFICATIONS

AC Line Voltage	: Single phase 230 - 240V, 50Hz.
AC Power Required	:
Microwave	1.53 kW at 235V
Grill	1.15 kW at 235V
Steam	1.15 kW at 235V
Output Power	:
Microwave	900 W* (IEC test procedure)
Grill	1.10 kW
Steam heating element	0.90 kW
Microwave Frequency	: 2450 MHz** (Class B/Group 2)
Outside Dimensions	: 520 mm(W) x 330 mm(H) x 474 mm(D)***
Depth with the door open	: 854 mm
Weight	: Approx. 19.5 kg

* When tested in accordance with AS/NZS 2895.1.2007.

** This is the classification of ISM (Industrial, Scientific and Medical) equipment described in the International Standard CISPR11.

*** The depth does not include the door opening handle and knob.

COOKING GUIDES

Points to Remember

- Please make reading the Operation Manual your very first step in working with your new oven. This important booklet explains exactly how the oven works and what you need to know to operate it successfully.
- Use the information in the charts and recipes to help adapt your own favorite recipes or convenience foods for preparation in the oven.
- The stated cooking times in the charts and recipes are guidelines and are based on standard conditions. Cooking results will vary according to the conditions of food, utensils and the oven. Please check the cooking result and if necessary, adjust cooking times accordingly.
- Prepare the food and use accessories as instructed.
- When placing food in the oven, turning, stirring or adding something to the food, please ensure the door does not remain open long so as to avoid loss of heat.
- Please refer to Food and Utensil Position Chart on page 15 before setting food in the oven.
- Always distribute the ingredients evenly inside a piece of ovenware or steam tray to achieve even cooking results.
- There is no need to fill the water tank for Microwave, Grill, Grill Mix High or Grill Mix Low cooking.
- If you would like to adapt your favorite recipes for the microwave, you should take note of the following: shorten cooking times by a third to a half. Follow the example of the recipes in this cook book.

Glossary of Terms

SPOON MEASURES

1 tablespoon	=	20 mL
1 teaspoon	=	5 mL
½ teaspoon	=	2.5 mL
¼ teaspoon	=	1.25 mL

LIQUID MEASURES

Cups	Metric	Imperial
1 cup	= 250 mL	= 8 fl. oz.
½ cup	= 125 mL	= 4 fl. oz.
⅓ cup	= 80 mL	= 2.5 fl. oz.
¼ cup	= 60 mL	= 2 fl. oz.

DRY INGREDIENTS

Metric		Imperial
15 g	=	½ oz.
30 g	=	1 oz.
60 g	=	2 oz.
90 g	=	3 oz.
125 g	=	4 oz.
185 g	=	6 oz.
250 g	=	8 oz.
500 g	=	1 lb.
1000 g (1 kg)	=	2 lb.

CUP MEASURES

	Metric	Imperial
1 cup flour	140 g	4½ oz.
1 cup sugar	250 g	8 oz.
1 cup brown sugar	185 g	6 oz.
1 cup icing sugar	185 g	6 oz.
1 cup butter/margarine	250 g	8 oz.
1 cup honey/golden syrup	375 g	12 oz.
1 cup fresh breadcrumbs	60 g	2 oz.
1 cup crushed biscuits	125 g	4 oz.
1 cup uncooked rice	220 g	7 oz.
1 cup mixed fruit	185 g	6 oz.
1 cup chopped nuts	125 g	4 oz.
1 cup coconut	90 g	3 oz.

NOTE

- Recipes in this book use standard metric equipment approved by the Australian Standards Association.
- All spoon and cup measures are level.
- All recipes in this book that include eggs require 55 g unless otherwise specified.

COOKING GUIDES

About Utensils and Coverings

The chart below will help you decide what utensils and coverings should be used in each mode.

Utensils - Coverings	Steam	Grill	Grill Mix	Microwave
Aluminium Foil	YES	YES	YES Small flat pieces of aluminum foil placed smoothly on food can be used to shield areas from cooking or defrosting too quickly. Keep foil at least 2 cm from walls of oven.	YES
Metal, Foil Containers	YES	YES	NO	NO
China, Ceramics	YES Oven-proof porcelain, pottery, glazed earthenware and bone china are usually suitable. Do not use the container if it has a flaw.	YES	YES In general, porcelain is suitable. Please be sure that your porcelain does not contain any metal or gold or silver plating. Check manufacturer's recommendation for being microwave safe. Do not use the container if it has a flaw.	YES
Heat-resistant Glassware e.g. Pyrex®	YES Care should be taken if using fine glassware as it can break or crack if heated suddenly.	YES	YES	YES
Plastic/Polystyrene heat-resistant temp. over 140°C	YES Care must be taken as some containers warp, melt or discolour at high temperatures.	NO	NO	YES Use microwave-safe plastic containers for reheating and defrosting. Some microwave-safe plastics are not suitable for cooking foods with high sugar content. Follow manufacturer's directions.
Plastic Wrap heat-resistant temp. over 140°C	YES	NO	NO	YES
Paper Towels, Paper Plates	NO	NO	NO	YES Only use for warming or to absorb moisture. Care must be taken, as overheating may cause fire. Do not use recycled paper towels which may contain metal filings.
Containers made of synthetic material	NO They could melt at high temperatures.	NO	NO	NO
Baking paper	YES	NO	NO	NO
Roasting Bags	NO	NO	NO	YES Follow manufacturer's directions.
Silver Dishes and Cooking Utensils or Containers that might rust inside the oven.	NO	NO	NO	NO
Rack	NO	YES	YES The metal rack supplied have been specially designed for Grill Mix and will not damage the oven.	NO
Steam trays	YES	NO	NO	NO
Glass tray	YES To prevent the glass tray from breaking: • Before cleaning the glass tray with water, leave the glass tray to cool. • Do not place anything hot on a cold glass tray. • Do not place anything cold on a hot glass tray.	YES	YES	YES

COOKING GUIDES

Utensils should be checked to ensure that they are suitable for use in each cooking mode. When heating food in plastic containers, pay special attention to the melting temperature of the containers. Never heat the plastic containers over their melting temperature. Keep an eye on the oven due to the possibility of melting and ignition.

ACCESSORIES There are many microwave or heat-resistant accessories available for purchase. Evaluate carefully before you purchase so that they meet your needs. A microwave-safe thermometer will assist you in determining correct doneness and assure you that foods have been cooked to safe temperatures when using microwave-only cooking. Sharp is not responsible for any damage to the oven when accessories are used.

For automatic cooking, use the recommended container in each cooking guide and recipes of the cookbook section.

Steam Cooking Advice

There are certain techniques for cooking with steam. It is essential that these techniques are followed to ensure good results. Many of them are similar to those used in conventional cooking so you may be used to doing them already. Please follow the advice given below for all cooking options which use Easy Auto Menus*, Steam Cook High and Steam Cook Low.

* Except for Easy Defrost, Sensor Reheat and Grill

NOTE:

- Always attend the oven when in use.
- Ensure that the utensils are suitable for **STEAM** cooking mode. (See About Utensils and Coverings page 28)
- Ventilate the room to allow the steam to dissipate.
- After cooking and the oven has cooled, remove and empty the water tank, wipe oven cavity with a soft cloth or sponge. Empty the drip tray.

- Special Advice for STEAM -

Cooking Techniques	
Container	Ensure food is arranged evenly. Food which has little or no space between will take longer to cook, please ensure food is positioned with enough space between items to allow the steam to circulate around it. For the container, a shallow dish is suitable. It is not recommended to use dense dishes, because of the thickness of such dishes, recommended cooking times will have to be extended.
Covering	Covering is not necessary in most cases. If a cover is required, aluminium foil is recommended to keep food becoming wet from the condensed water in the oven cavity. Covered food will take longer to cook.
Door	For accurate cooking times, keep the door closed.
Stir	Sometimes soup or casserole reheated in a casserole dish without covering looks watery after cooking. Appearance will be better by stirring well.
Stand	Standing time is recommended after cooking so it enables the heat to disperse equally throughout the food. Do not allow to stand for a long time; food may be overcooked or wet by the residual steam.

COOKING GUIDES

- Advice for STEAM -

Food characteristics	
Density	Food density will affect the amount of cooking time needed. Cut the food into thinner parts if possible, and arrange in single layer.
Quantity	The cooking time must be increased as the amount of food cooked in the oven increases.
Size	Small foods and small pieces cook faster than large ones, as heat can penetrate from all sides to the centre. For even cooking make all the pieces the same size.
Shape	Foods which are irregular in shape, such as chicken breasts or drumsticks, may take longer to cook in the thicker parts. Check these parts are cooked thoroughly before serving.
Temperature of food	The initial temperature of food affects the amount of cooking time needed. Chilled foods will take longer to cook than foods at room temperature. The temperature of the container is not the actual temperature of the food or drink.
Seasoning & flavouring	Seasoning or flavouring are best added after cooking. If added as marinades or rubs, their taste may become light when cooking with steam. Add seasoning or flavouring again after cooking if necessary.

NOTE:

- Ensure the food is thoroughly cooked / reheated before serving.
- Cooking time will be affected by the shape, depth, quantity and temperature of food together with the size, shape and material of the container.

Face & Hands: Always use thick oven gloves to remove food or cookware from the oven. Be careful when opening the oven door to allow steam to dissipate. Do not remove the food from the oven with your bare hands.

Check the temperature of food and drink and stir before serving. Take special care when serving to babies, children or the elderly.

COOKING GUIDES

Microwave Cooking Advice

- Special Notes and Warning for MICROWAVE -

	DO	DON'T
Eggs, fruits, nuts, seeds, vegetables, sausages and oysters	<ul style="list-style-type: none"> * Puncture egg yolks and whites and oysters before cooking to prevent "explosion". * Pierce skins of potatoes, apples, squash, hot dogs, sausages and oysters so that steam escapes. 	<ul style="list-style-type: none"> * Cook eggs in shells. This prevents "explosion", which may damage the oven or injure yourself. * Cook hard/soft boiled eggs. * Overcook oysters. * Dry nuts or seeds in shells.
Popcorn	<ul style="list-style-type: none"> * Use specially bagged popcorn for the microwave oven. * Listen while popping corn for the popping to slow to 1-2 seconds. 	<ul style="list-style-type: none"> * Pop popcorn in regular brown bags or microwave safe glass bowls. * Exceed maximum time on popcorn package.
Baby food	<ul style="list-style-type: none"> * Transfer baby food to small dish and heat carefully, stirring often. Check for suitable temperature to prevent burns. * Remove the screw cap and nipple before warming baby bottles. After warming shake thoroughly. Check for suitable temperature. 	<ul style="list-style-type: none"> * Heat disposable bottles. * Overheat baby bottles. Only heat until warm. * Heat bottles with nipples on. * Heat baby food in original jars.
General	<ul style="list-style-type: none"> * Food with filling should be cut after heating, to release steam and avoid burns. * Use a deep bowl when cooking liquids or cereals to prevent boiling over. 	<ul style="list-style-type: none"> * Heat or cook in closed glass jars or airtight containers. * Deep fat fry. * Heat or dry wood, herbs, wet papers, clothes or flowers.
Liquids (Beverages)	<ul style="list-style-type: none"> * For boiling or cooking liquids see IMPORTANT SAFETY INSTRUCTIONS on page 2 to prevent explosion and delayed eruptive boiling. 	<ul style="list-style-type: none"> * Heat for longer than recommended time.
Canned foods	<ul style="list-style-type: none"> * Remove food from can and transfer to a microwave safe dish. 	<ul style="list-style-type: none"> * Heat or cook food in cans.
Sausage rolls, Pies, Christmas pudding	<ul style="list-style-type: none"> * Cook for the recommended time. (These foods have high sugar and/or fat contents.) 	<ul style="list-style-type: none"> * Overcook as they may catch fire.
Meats	<ul style="list-style-type: none"> * Use a microwave proof roasting rack or plate to collect drained juices. 	<ul style="list-style-type: none"> * Place meat directly on the ceramic oven floor for cooking.
Utensils	<ul style="list-style-type: none"> * Check the utensils are suitable for MICROWAVE cooking before you use them. 	<ul style="list-style-type: none"> * Use metal utensils for MICROWAVE cooking. Metal reflects microwave energy and may cause an electrical discharge known as arcing.
Aluminium foil	<ul style="list-style-type: none"> * Use to shield food to prevent over cooking. * Watch for sparking. Reduce foil or keep clear of cavity walls. 	<ul style="list-style-type: none"> * Use too much. * Shield food close to cavity walls. Sparking can damage the oven.

COOKING GUIDES

- Advice for MICROWAVE -

Cooking Techniques	
Arrange food carefully	Place the thickest areas toward outside of dish.
Watch cooking time	Cook for the shortest amount of time indicated and add more time as needed. Food severely overcooked can smoke or ignite.
Cover foods before cooking	Check recipe for suggestions: paper towels, microwave plastic wrap or a lid. Covers prevent spattering and help foods to cook evenly. (Helps keep oven clean)
Shield foods	Use small pieces of aluminium foil to cover thin areas of meat or poultry in order to avoid overcooking.
Stir foods	From outside to centre of dish once or twice during cooking, if possible.
Turn foods	Foods such as chicken, hamburgers or steaks should be turned over once during cooking.
Rearrange foods	Like meatballs halfway through cooking both from top to bottom and from the centre of the dish to the outside.
Allow standing time	After cooking ensure adequate standing time. Remove food from oven and stir if possible. Cover during standing time can allow the food to finish cooking completely.
Check for doneness	Look for signs indicating that cooking temperature has been reached. Doneness signs include: <ul style="list-style-type: none"> – Steam emits throughout the food, not just at edge; – Joints of poultry can be torn apart easily; – Pork and poultry show no pinkness; – Fish is opaque and flakes easily with a fork.
Condensation	A normal part of microwave cooking. The humidity and moisture in food will influence the amount of moisture in the oven. Generally, covered foods will not cause as much condensation as uncovered foods. Ensure that the ventilation openings are not blocked.
Microwave safe plastic wrap	For cooking food with high fat content, do not bring the wrap in contact with the food as it may melt.
Microwave safe plastic cookware	Some microwave safe plastic cookware are not suitable for cooking foods with high fat and sugar content.
Cake/Meatloaf	For cooking cake or meatloaf, place the container on the glass tray in lower position (position 2).

- Advice for DEFROSTING -

Defrosting Techniques	
Arrange	Arrange food in a single even layer on the shallow dish. This will ensure that all parts of the food defrosts evenly.
Separate	Foods may be stuck together when removed from the freezer. It is important to separate foods as soon as possible during defrosting. e.g. steaks, chops
Stand	Standing time is necessary to ensure food is thoroughly defrosted. Food must stand, covered, for a length of time to ensure the centre has completely defrosted.

NOTE:

- Remove all packing and wrapping before defrosting.

AUTOMATIC COOKING CHART

Easy Auto Menus Guide

- Make sure that the water tank is filled to the MAX mark with room temperature water suitable for drinking (filtered) and is installed.

Rice/Pasta Guide

Food Type	Menu name	Weight range (Increasing unit)	Procedure	Food Position									
1	Rice (initial temp 20°C cold tap water) White Rice	1 - 2 serves	<table><tr><th>Serve</th><th>Rice</th><th>Water</th></tr><tr><td>1</td><td>½ cup</td><td>½ cup</td></tr><tr><td>2</td><td>1 cup</td><td>1½ cups</td></tr></table> <ul style="list-style-type: none">Place rice in a flat, round dish (23cm diameter) and cover with water.Place the dish on the steam tray in the glass tray.After cooking, stir well and drain off any remaining water.	Serve	Rice	Water	1	½ cup	½ cup	2	1 cup	1½ cups	2
Serve	Rice	Water											
1	½ cup	½ cup											
2	1 cup	1½ cups											
2	Pasta (initial temp 20°C) Dry Pasta	1 - 2 serves	<table><tr><th>Serve</th><th>Pasta</th><th>Water</th></tr><tr><td>1</td><td>½ cup</td><td>1 cup</td></tr><tr><td>2</td><td>1 cup</td><td>2 cups</td></tr></table> <ul style="list-style-type: none">Place pasta in a flat, round dish (23cm diameter) and cover with water.Place the dish on the steam tray in the glass tray.After cooking, stir well and drain off the water.	Serve	Pasta	Water	1	½ cup	1 cup	2	1 cup	2 cups	2
Serve	Pasta	Water											
1	½ cup	1 cup											
2	1 cup	2 cups											

Veg/Potato Guide

Food Type	Menu name	Weight range (Increasing unit)	Procedure	Food Position
1	Fresh Vegetable 1 (initial temp 3°C) Eggplant, Capsicum, Broccoli, Mushrooms, Asparagus, Zucchini	0.2 - 0.8 kg (100g)	<ul style="list-style-type: none"> Prepare the vegetables and cut into similar pieces, e.g. strips, florets, cubes or slices except for asparagus and small mushrooms. Distribute the vegetables evenly into the steam tray on the glass tray. 	2
2	Fresh Vegetable 2 (initial temp 3°C) Carrots, Cauliflower, Beans, Brussels sprouts, Corn	0.2 - 0.8 kg (100g)	<ul style="list-style-type: none"> Prepare the vegetables and cut into similar pieces, e.g. strips, florets, cubes or slices. Distribute the vegetables evenly into the steam tray on the glass tray. 	2
3	Frozen Vegetable (initial temp -18°C) Baby carrots, Broccoli, Cauliflower, Beans	0.2 - 0.8 kg (100g)	<ul style="list-style-type: none"> Place frozen vegetables in the steam tray on the glass tray. 	2
4	Steamed Potato (initial temp 20°C)	0.2 - 0.8 kg (100g)	<ul style="list-style-type: none"> Peel the potatoes and cut into similar pieces of approx. 25g. Place the potatoes into the steam tray on the glass tray. After cooking, allow to stand for approx. 2 minutes before serving. 	2

Fish/Chicken Guide

Food Type	Menu name	Weight range (Increasing unit)	Procedure	Food Position
1	Fish Fillet (initial temp 3°C)	0.2 - 0.8 kg (100g)	<ul style="list-style-type: none"> If desired, sprinkle the fish with lemon juice and pepper. Place the fish fillets into the steam tray on the glass tray. After cooking serve. When the fish fillet is thick, extend the cooking time if necessary. 	2
2	Chicken Fillet (initial temp 3°C)	0.25 - 1.0 kg (10g)	<ul style="list-style-type: none"> Season the chicken fillets with salt, pepper and paprika or curry powder. Place the chicken fillets into the steam tray on the glass tray. After cooking serve. 	2

AUTOMATIC COOKING CHART

Steam Defrost Guide

Food Type	Menu name	Weight range (Increasing unit)	Procedure	Food Position
1	Fish Steak (initial temp -18°C)	0.2 - 0.6 kg (100g)	<ul style="list-style-type: none"> Place the fish steak in a shallow microwave safe defrosting dish. When the oven stops and the audible signals sound, turn over. After defrosting remove any water and icy glaze and allow to stand for 5-10 minutes until thoroughly defrosted. 	1
2	Fish Fillet (initial temp -18°C)	0.2 - 0.6 kg (100g)	<ul style="list-style-type: none"> Place the fish fillet in a shallow microwave safe defrosting dish. When the oven stops and the audible signals sound, turn over. After defrosting remove any water and icy glaze and allow to stand for 5-10 minutes until thoroughly defrosted. 	1

Complete Meal Guide

Food Type	Menu name	Weight range (Increasing unit)	Procedure	Food Position
1	Fish Dishes (initial temp Fish 3°C Veg 20°C) Salmon fillets with broccoli florets Creamy fish fillet with a vegetable mix and couscous	1 - 4 serves (1 serve)	<ul style="list-style-type: none"> Prepare the fish dishes referring to page 35. For the creamy fish fillet with vegetable mix and couscous, press the Microwave key once. <p>Note: After pressing the Microwave key once, you can not use the "More Time" adjustment setting for this menu.</p>	2 & 3
2	Chicken Dishes (initial temp Chicken 3°C Veg 20°C) Chicken breast with potato wedges and a vegetable medley, Basil Chicken kebabs with sun dried tomato rice	1 - 4 serves (1 serve)	<ul style="list-style-type: none"> Prepare chicken dishes refering to page 36. For the basil chicken kebabs with sun-dried tomato rice, press Microwave key twice. <p>Note: After pressing the Microwave key twice, you can not use the "Less Time" adjustment setting for this menu.</p>	2 & 3

Veg/Potato/Combo Guide

Food Type	Menu name	Weight range (Increasing unit)	Procedure	Food Position
1	Veg 1 + Potato (initial temp 3°C) Soft Vegetables: Eggplant, Capsicum, Broccoli, Mushrooms, Asparagus, Zucchini, Squash	0.4 - 1.2 kg* (100g) * Total weight of vegetables and potatoes. Both are equal weight.	<ul style="list-style-type: none"> Peel the potatoes and slice into similar pieces of approx. 20g. Prepare the vegetables and cut into similar pieces, e.g. strips, florets, cubes or slices expect for asparagus and small mushrooms. Place the potatoes in the steam tray on the glass tray. Place the vegetables in the other steam tray. Place the glass tray with the potatoes on the steam tray into the oven and start to cook. When the oven stops and the audible signals sound, place the steam tray with the vegetables into the oven and continue to cook. 	Potato: 2 Vegetable: 3
2	Veg 2 + Potato (initial temp 3°C) Hard Vegetables: Carrots, Cauliflower, Beans, Brussels Sprouts, Corn	0.4 - 1.2 kg* (100g) * Total weight of vegetables and potatoes. Both are equal weight.	<ul style="list-style-type: none"> Peel the potatoes and slice into similar pieces of approx. 20g. Prepare the vegetables and cut into similar pieces, e.g. strips, florets, cubes or slices. Place the potatoes in the steam tray on the glass tray. Distribute the vegetables evenly in the other steam tray. Place the trays into the oven and start to cook. 	Potato: 2 Vegetable: 3

AUTOMATIC COOKING CHART

RECIPES FOR COMPLETE MEAL OF EASY AUTO MENUS

Salmon fillets with broccoli florets (1)

[Utensils] 2 Steam trays, glass tray

Ingredients	1 portion	2 portions	3 portions	4 portions
Deep-frozen salmon fillets	125 g (1 piece)	250 g (2 pieces)	375 g (3 pieces)	500 g (4 pieces)
Lemon juice, pepper				
Broccoli florets	100 g	200g	300 g	400g

[Preparation]

1. Sprinkle the deep-frozen fish fillets with lemon juice and pepper and place into the steam tray on the glass tray. Insert the trays in lower position (position 2).
2. Place the broccoli florets into second steam tray. Insert the steam tray in upper position (position 3) and cook together on EASY AUTO MENUS, Complete Meal 1.

* If necessary, extend the cooking time when the fish fillets are thick.

Creamy fish fillet with a vegetable mix and couscous (1 and pressing Microwave key once)

[Utensils] 2 Steam trays

Pyrex quiche flan dish (27cm diameter), flat round Pyrex dish (22cm diameter) for 4 portions
(Please adjust the containers for the other portions)

Ingredients	1 portion	2 portions	3 portions	4 portions
Fish fillets (rose fish or cod fish), cubed	125 g (1 piece)	250 g (2 pieces)	375 g (3 pieces)	500 g (4 pieces)
Lemon juice, salt, pepper				
Leeks, sliced	50 g	100 g	150 g	200 g
Cherry tomatoes	50 g	100 g	150 g	200 g
Crème fraîche	25 g	50 g	75 g	100 g
Couscous	62.5 g	125 g	187.5 g	250 g
Cold vegetable stock	125 ml	250 ml	375 ml	500 ml

[Preparation]

1. Put the fish into the quiche dish. Sprinkle the fish with lemon juice and season with salt and pepper. Add the vegetables and mix well.
2. Place the quiche dish into the steam tray on the glass tray and insert in lower position (position 2).
3. Put the couscous into the flat round Pyrex dish. Pour the vegetable stock over the couscous. Place the dish in the second steam tray in upper position (position 3) and cook together on EASY AUTO MENUS, Complete Meal 1 by pressing the **Microwave** key once.
4. Stir the couscous immediately after cooking and add the crème fraîche to the fish with vegetable mix. Season to taste with salt and fresh ground pepper.

AUTOMATIC COOKING CHART

Chicken breast with potato wedges and a vegetable medley (2)

[Utensils] 2 Steam trays, glass tray

Ingredients	1 portion	2 portions	3 portions	4 portions
Chicken breast fillets	150 g	300 g	450 g	600 g
Salt, pepper, paprika				
Potatoes, peeled cut into wedges	75 g	150 g	225 g	300 g
Mushrooms, cut into half	50 g	100 g	150 g	200 g
Red pepper, sliced	50 g	100 g	150 g	200 g
Broccoli florets	40 g	80 g	120 g	160 g
Fresh parsley, chopped				

[Preparation]

1. Coat the chicken fillets with the seasoning and place the chicken fillets into the steam tray. Place the steam tray on the glass tray in lower position (position 2).
2. Place the potato wedges in single layer on the second steam tray. Mix the other vegetables together and place in the remaining area of the steam tray. Place the steam tray in upper position (position 3) and cook together on EASY AUTO MENUS, Complete Meal 2.
3. After cooking sprinkle the mixed vegetables with chopped parsley.

Basil chicken kebabs with sun-dried tomato rice (2 and pressing the Microwave key twice)

[Utensils] Wooden skewers

Flat round Pyrex dish (22cm diameter) for 4 portions (Please adjust the container for the other portions)

2 Steam trays, glass tray

Ingredients	1 portion	2 portions	3 portions	4 portions
Chicken breast, cut into cubes	100 g (4 cubes)	200 g (8 cubes)	300 g (12 cubes)	400 g (16 cubes)
Large fresh basil leaves	4	8	12	16
Olive oil, soy sauce, Tabasco, pepper, paprika				
Yellow pepper, cut into segments	40 g (4 segments)	80 g (8 segments)	120 g (12 segments)	160 g (16 segments)
Button mushrooms	3	6	9	12
10-minute wholegrain rice	50 g	100 g	150 g	200 g
Sun-dried tomatoes, chopped	15 g	30 g	45 g	60 g
Hot water	75 ml	150 ml	225 ml	300 ml

[Preparation]

1. Wash Rice. Wrap each chicken cube with a basil leaf and thread the chicken and vegetables alternatively onto the wooden skewers.
2. Combine the oil with the spices and brush over the skewers. Marinade in the refrigerator for 1 hour. Place the kebabs into a steam tray on the glass tray in lower position (position 2).
3. Place the wholegrain rice and sun-dried tomatoes into the flat round Pyrex dish.
4. Pour the hot water over the rice and mix well.
5. Place the dish directly into the steam tray and place it in upper position (position 3).
6. Cook together on EASY AUTO MENUS, Complete Meal 2 by pressing the **Microwave** key twice.

AUTOMATIC COOKING CHART

Easy Defrost Guide

Food Type	Menu name	Weight range (Increasing unit)	Procedure
1	Steak/Chops (initial temp -18°C)	0.1 - 1.0 kg (100g)	<ul style="list-style-type: none"> Place the food on a microwave safe defrosting dish with rack* on the centre of the oven floor (position 1). When the oven stops and the audible signals sound, turn the food over, rearrange and separate if possible. If necessary shield thin parts and warm spots with aluminium foil. After defrosting, wrap in aluminium foil for 5-15 minutes, until thoroughly defrosted. See NOTES below.
2	Poultry (initial temp -18°C) Only poultry without giblets is recommended for this programme	0.9 - 2.0 kg (100g)	<ul style="list-style-type: none"> Place the poultry, breast side down, on a microwave safe defrosting dish with rack* on the centre of the oven floor (position 1). When the oven stops and the audible signals sound, turn over and shield thin parts and warm spots with small pieces of aluminium foil. When the audible signals sound again, turn over again. After defrosting rinse with cold water, cover with aluminium foil and stand for 30-60 minutes until thoroughly defrosted. Finally clean the poultry under running water.
3	Roast Meat (Beef/Pork/Lamb) (initial temp -18°C)	1.0 - 2.0 kg (100g)	<ul style="list-style-type: none"> Shield the bone and the edge with foil strips about 2.5cm wide. Place joint with lean side face upwards (if possible) on a microwave safe defrosting dish with rack*. Place the defrosting rack directly on the oven floor (position 1). When the oven has stopped, turn over and shield the warm portions. After defrost time, stand covered with aluminium foil 30-60 minutes.
4	Mince/Sausages (initial temp -18°C)	0.1 - 1.0 kg (100g)	<ul style="list-style-type: none"> Place frozen minced meat on a microwave safe defrosting dish with rack*. Shield edges. Place the defrosting rack directly on the oven floor (position 1). When the oven has stopped, remove defrosted portions of mince, turn over and shield edges with foil strips. After defrost time, stand covered with aluminium foil 5-20 minutes. See NOTES below.

*A microwave safe defrosting rack.

Foods not listed in the Guide can be defrosted manually using 30P power level setting.

NOTES:

- Steaks and chops should be frozen in one layer.
- Minced meat should be frozen in a thin shape.
- If shielding is necessary for defrosted portions, use small, flat pieces of aluminium foil.
- The poultry should be processed immediately after defrosting.

AUTOMATIC COOKING CHART

Sensor Reheat Guide

Food Type	Menu name	Weight range (Increasing unit)	Procedure									
1	Dinner Plate (initial temp 3°C)	1 serve (approx. 400g)	<ul style="list-style-type: none">• Cover with plastic wrap and pierce 5 times with skewer.• Place the plate directly on the oven floor (position 1).• After cooking, stand covered for 2 minutes.									
			<table><tr><td>MEAT</td><td>POTATO</td><td>VEGETABLES</td></tr><tr><td>175 - 180g</td><td>125g</td><td>100g</td></tr><tr><td>Beef, Chicken (sliced), Pork</td><td>sliced</td><td>Carrot, Broccoli, Cauliflower, Beans</td></tr></table>	MEAT	POTATO	VEGETABLES	175 - 180g	125g	100g	Beef, Chicken (sliced), Pork	sliced	Carrot, Broccoli, Cauliflower, Beans
			MEAT	POTATO	VEGETABLES							
			175 - 180g	125g	100g							
Beef, Chicken (sliced), Pork	sliced	Carrot, Broccoli, Cauliflower, Beans										
2	Casserole	1 - 4 cups (1 cup : 250 ml)	<ul style="list-style-type: none">• Place into a casserole dish.• Cover with plastic wrap and pierce 5 times with skewer.• Place the dish directly on the oven floor (position 1).• After cooking, stir and stand covered with plastic wrap for 1-5 minutes.									
	Casserole (initial Temp 3°C) : Beef Stroganoff, Chicken Fricassee Canned (initial Temp 20°C) : Canned Baked Beans, Spaghetti											
3	Thin Soup (initial temp 20°C) Pumpkin, Tomato	1 - 4 cups (1 cup : 250 ml)	<ul style="list-style-type: none">• Place in a microwave safe glass bowl.• Do not cover.• Place the dish directly on the oven floor (position 1).• After cooking, stir.									
4	Thick Soup (initial temp 20°C) Pumpkin, Cream of chicken and corn	1 - 4 cups (1 cup : 250 ml)	<ul style="list-style-type: none">• Place in a microwave safe glass bowl.• Cover with plastic wrap and pierce 5 times with a skewer.• Place the dish directly on the oven floor (position 1).• After cooking, stir.									
5	Pizza (initial temp 3°C) Pepperoni, Supreme	1 - 4 pieces (1 piece : approx. 90g)	<ul style="list-style-type: none">• Place pizza on one sheet of paper towel directly on the oven floor (position 1).									

Cooking results will vary according to the conditions of food, utensils and the oven. Please check the cooking result and if necessary, extend cooking times by manual Microwave.

AUTOMATIC COOKING CHART

Grill Guide

Food Type	Menu name	Weight range (Increasing unit)	Procedure	Food Position
1	Chicken Legs (initial temp 3°C) Ingredients for 1 kg (5 pieces) chicken legs: 2 tbsp oil, 1/2 tsp salt, 1 tsp sweet paprika, pepper	0.2 - 0.8 kg (100g)	<ul style="list-style-type: none"> • Mix the ingredients and spread on chicken legs. • Pierce the skin of the chicken legs. • Put the chicken legs on the rack in the glass tray with the thin ends towards the centre. • When the oven stops and the audible signals sound, turn the food over. • After cooking, let stand for approx. 3 minutes. 	2
2	Grilled Whole Chicken (initial temp 3°C) Ingredients for 1.2 kg grilled chicken: Salt and Pepper, 1 tsp sweet paprika, 2 tbsp oil	0.9 - 2.0 kg (100g)	<ul style="list-style-type: none"> • Mix the ingredients and spread on the chicken. • Pierce the skin of the chicken with a fork. • Put chicken breast side down on the rack in the glass tray. • When the oven stops and the audible signals sound, turn the chicken over. • After cooking, leave for approx. 3 minutes in the oven, remove and put on a plate for serving. 	1
3	Roast Beef, Medium (initial temp 3°C)	1.0 - 2.0 kg (100g)	<ul style="list-style-type: none"> • Season with salt and pepper. • Place meat on rack in glass tray, uncovered and cook. • After cooking, stand covered with aluminium foil for 5-10 minutes. 	1
4	Grilled Skewers (initial temp 3°C) * Indications are the total weight of all ingredients.	0.2 - 0.8* kg (100g)	<ul style="list-style-type: none"> • Place skewers on the rack in the glass tray, uncovered and cook. • After cooking, stand covered with aluminium foil for 5 minutes. 	2

MANUAL COOKING CHART

Steam Cook High Chart

Use glass tray and steam tray

Food			Amount	Oven Setting	Cooking Time	Food Position
SEAFOOD	Fish Fillets (½ Inch Thick)		800g	Steam Cook High	21 minutes	2
	Mussels, In Shell		900g	Steam Cook High	20 minutes	2
	Scallops		500g	Steam Cook High	10 minutes	2
	Prawn, Large		500g	Steam Cook High	14-16 minutes	2
POULTRY	Chicken Breast, Half		1kg	Steam Cook High	30 minutes	2
DUMPLINGS	Frozen Dumplings		500g	Steam Cook High	16 minutes	2
VEGETABLES	Asparagus Spears (halved)		500g	Steam Cook High	21 minutes	2
	Beans (top and tailed)		500g	Steam Cook High	21 minutes	2
	Bok Choy (chopped)		500g	Steam Cook High	7-9 minutes	2
	Broccoli Florets		500g	Steam Cook High	21 minutes	2
	Brussels Sprouts (halved)		500g	Steam Cook High	25 minutes	2
	Cabbage (shredded)		500g	Steam Cook High	16 minutes	2
	Carrots, Sliced		500g	Steam Cook High	21 minutes	2
	Cauliflower Florets		500g	Steam Cook High	21 minutes	2
	Corn on the Cob (4 small)		500g	Steam Cook High	21 minutes	2
	Mushrooms, Button (whole)		500g	Steam Cook High	16 minutes	2
	Peas (top and tailed)		500g	Steam Cook High	16 minutes	2
	Snow Peas (top and tailed)		250g	Steam Cook High	8 minutes	2
	Potatoes	Quartered	500g	Steam Cook High	25 minutes	2
		Baby Potatoes, Chat	500g	Steam Cook High	30 minutes	2
	Pumpkin (2cm cubes)		500g	Steam Cook High	30 minutes	2
	Spinach (shredded)		250g	Steam Cook High	10 minutes	2
	Sweet Potato (20g slices)		500g	Steam Cook High	25 minutes	2
	Yellow Squash (quartered)		500g	Steam Cook High	20-22 minutes	2
	Zucchini (sliced or quartered)		500g	Steam Cook High	16 minutes	2
	RICE	White Rice	½ Cup with ½ Cup Water	—	Steam Cook High	25 minutes
1 Cup with 1 Cup Water			—	Steam Cook High	30 minutes	2
PASTA	Dry Pasta	½ Cup with ½ Cup Water	—	Steam Cook High	25 minutes	2
		1 Cup with 1 Cup Water	—	Steam Cook High	30 minutes	2

MANUAL COOKING CHART

Steam Cook Low Chart

This setting uses a low temperature from 70°C – 95°C in 5°C increments to cook delicate items like terrines, flans, fresh seafood, desserts to perfection. This programme is ideal for slow cooking meat after briefly sear the meat in a hot pan on a hob and where a very tender result is wanted. In the below chart you will find some examples. Use the glass tray in position 2 and the steam tray in position 3.

Food	Amount	Oven Setting	Temperature Setting	Cooking Time	Procedure	Standing Time
QUICHE	4 ramekins	Steam Cook Low	90°C	35 minutes	Prepare recipe as listed on page 47 and 55. Place 4x10cm ramekins on the Steam Tray and place in the UPPER position. Place the Glass Tray* provided in the LOWER position.	5 - 10 minutes
MARINATED SNAPPER (WHOLE FISH)	1 piece (500g)	Steam Cook Low	90°C	35 minutes	Prepare whole fish as listed in the recipe on page 52. Place the fish directly on the Steam Tray and then into the UPPER position. Place the Glass Tray* provided into the LOWER position.	5 - 10 minutes
BERRY CUSTARD	4 ramekins	Steam Cook Low	90°C	35 minutes	Prepare recipe as listed on page 57. Place 4x10cm ramekins on the Steam Tray and place in the UPPER position. Place the Glass Tray* provided in the LOWER position.	10 minutes

* The placement of the Glass Tray in the LOWER position is essential for the collection of accumulated water during the steaming process.

MANUAL COOKING CHART

Grill Mix Cooking Chart

Use glass tray and rack

Food		Amount	Cooking Time and Procedure	Standing Time	Food Position	Result
BEEF	Blade Roast	1kg	Micro 70% for 8 minutes Grill Mix High for 9 minutes TURN OVER Micro 70% for 3 ½ minutes Grill Mix High for 9 minutes	10 minutes	1	Medium
	Eye Fillet	1kg	Micro 70% for 8 minutes Grill Mix High for 9 minutes TURN OVER Micro 70% for 3 ½ minutes Grill Mix High for 9 minutes	10 minutes	1	Medium
	Hamburger Patties* (1cm thick)	4 Patties (500g)	Grill for 9 minutes TURN OVER Grill for 7 minutes	5 minutes	3	Well Done
	Steaks (T-Bone, Rib Eye, Sirloin)	800g	Grill for 12 minutes TURN OVER Grill for 14 minutes	10 minutes	2	Medium/ Well Done
LAMB	Leg of Lamb	2kg	Micro 70% for 14 minutes Grill Mix High for 13 minutes TURN OVER Micro 70% 10 ½ minutes Grill Mix High for 13 minutes	20 minutes	1	Well Done
	Rack of Lamb	Approx. 8 cutlets (700g)	Grill Mix High for 7 minutes Grill for 3 minutes TURN OVER Grill Mix High for 7 minutes Grill for 2 minutes	15 minutes	2	Medium/ Well Done
	Chops (Loin or Rib)	800g	Grill for 10 minutes TURN OVER Grill for 14 minutes	10 minutes	2	Medium/ Well Done
PORK	Boneless Pork Loin Roast **	1kg	Micro 70% for 8 minutes Grill Mix High for 9 minutes TURN OVER Micro 70% for 3 ½ minutes Grill Mix High for 9 minutes	10 minutes	1	Well Done
	Boneless Loin Chops	800g	Grill for 10 minutes TURN OVER Grill for 14 minutes	10 minutes	2	Medium/ Well Done
	Tenderloin	1kg	Grill Mix High for 7 ½ minutes Grill for 5 minutes TURN OVER Grill Mix High for 7 ½ minutes Grill for 4 ½ minutes	10 minutes	2	Well Done
POULTRY	Chicken Breast (Half)	1kg	Grill for 15 minutes TURN OVER Grill for 20 minutes	10 minutes	2	Well Done
	Whole Chicken	900g	Micro 100% for 1 minute Grill Mix High for 12 minutes 20 seconds TURN OVER Grill Mix High for 12 ½ minutes	5 minutes	1	Well Done
	Chicken Legs	500g	Grill Mix High for 5 minutes Grill for 6 ½ minutes TURN OVER Grill Mix High for 5 minutes Grill for 5 minutes	7 minutes	2	Cooked Through
SAUSAGE	Regular	600g	Grill Mix High for 3 minutes Grill for 8 ½ minutes TURN OVER Grill Mix High for 2 ½ minutes Grill for 6 minutes 10 seconds	5 minutes	2	Cooked Through
SEAFOOD	Fish Steak (i.e. Salmon)	1kg	Grill for 15 minutes TURN OVER Grill for 10 minutes	5 minutes	2	Cooked Through, Moist, Flakes Easily
	Large Prawns (on skewers)	500g	Grill for 10 minutes TURN OVER Grill for 14 minutes	2 minutes	2	Opaque, Moist

* No more than 1cm thick to ensure that the hamburgers will not burn on the grill

** The cooking of only 1kg of pork is allowed. No larger pieces are accepted due to the dangers of smoke and oil splatter.

MANUAL COOKING CHART

Reheating and Defrosting Convenience Food Chart

Food	Amount	Oven setting and Cooking Time	Procedure	Standing Time
BEVERAGE	1 Cup	Microwave 100% for 2 minutes	Microwave safe mug. Stir halfway through and after heating	—
	2 Cups	Microwave 100% for 4 minutes		
CANNED FOOD	1 Cup	Microwave 100% for 2 minutes	Place food in a small microwave safe casserole dish. Cover with plastic wrap. Stir before serving	2 minutes
	2 Cups	Microwave 100% for 3 ½ minutes		
CANNED SOUP	1 Cup	Microwave 100% for 2 minutes	Place soup in a small microwave safe bowl. Stir after heating.	—
	2 Cups	Microwave 100% for 3 ½ minutes		
MEAT PIE	1 Pie	Microwave 50% for 2 minutes then Grill for 4 minutes	Place pie/s between 2 pieces of paper towel for Microwave then on the grill rack with the glass tray in Lower position for Grill	3 minutes
	4 Pies	Microwave 50% for 6 minutes then Grill for 6 minutes		
FROZEN PASTA DINNER	300-500g	Microwave 100% for 6 minutes then Microwave 50% for 5 minutes then Grill for 4 minutes	Remove from foil container and place on a small heat resistant glassware dish (eg. Pyrex) for Microwave, then move the dish onto the grill rack with the glass tray in Lower position for Grill	3 minutes
CROISSANTS	1	Microwave 30% for 1 minute	Place between 2 pieces of paper towel	—
	2	Microwave 30% for 1 ½ minutes		
FRUIT PIE (INDIVIDUAL)	1	Microwave 50% for 1 ½ minutes then Grill for 4 minutes	Remove from foil container and place on the oven floor (position 1) for Microwave then on the grill rack with the glass tray in Lower position for Grill	—
	2	Microwave 50% for 1 ½ minutes then Grill for 4 minutes		
DANISH PASTRY	400g	Microwave 70% for 4 ½ minutes then Grill for 5 minutes	Remove from foil container and place on a microwave safe plate for the Microwave function then on the grill rack with the glass tray in Lower position for the Grill position	3 minutes

MANUAL COOKING CHART

Microwave: Frozen Vegetable Chart

1. Place vegetables in a medium/large microwave safe bowl and cover with plastic wrap. Place on the oven floor (position1).
2. Allow to stand for 2 minutes before draining any water and serving.

Food		Amount	Cooking Time (100%)	Procedure
Beans (green, cut)		500 g	9 minutes	
Broccoli		500 g	8-8½ minutes	Break apart as soon as possible. Arrange with flower towards the centre.
Carrots	(whole)	500 g	10 minutes	Stir halfway through.
	(sliced)	500 g	9 minutes	
Cauliflower		500 g	9 minutes	Break apart as soon as possible. Arrange with flower towards the centre.
Corn (on the Cob)		4 Pieces/ 500g	8 minutes	
Peas (green)		500 g	9 minutes	
Spinach		250 g	6 minutes	Break apart as soon as possible.
Mixed Vegetables (i.e. carrots, beans and corn kernals)		500 g	10-11 minutes	Break apart as soon as possible.

Microwave: Rice and Pasta Cooking Chart

1. Wash and strain rice before measuring amounts.
2. Place rice/pasta in a medium/large microwave safe bowl with water. Cook uncovered, stirring halfway through cooking. Allow to stand for 2 minutes before straining any remaining water and serving.

Food	Other Ingredients	Cooking Time (100%)
½ cup Rice	1 cup hot water	10 minutes
1 cup Rice	2 cups hot water	14 minutes
1½ cups Rice	3 cups hot water	16 minutes
2 cups Rice	4 cups hot water	18 minutes
½ cup Pasta	2 cups boiling water	14 minutes
1 cup Pasta	2 cups boiling water	14 minutes
1½ cups Pasta	3 cups boiling water	16 minutes
2 cups Pasta	4 cups boiling water	18 minutes

Microwave: Scrambled Egg Guide

Place butter, eggs, and milk in a small/medium microwave safe bowl.

Beat with a fork until well combined and yolks of eggs are completely stirred in. Cook uncovered, stirring halfway through cooking.

Egg(s)	Butter	Milk	Cooking Time (70%)
1	1 tsp.	3 tsp.	2 minutes
2	1½ tsp.	3 tsp.	2 minutes 40 seconds
3	2 tsp.	3 tbsp.	3 minutes 20 seconds
4	2½ tsp.	⅓ cup	4 minutes

MANUAL COOKING CHART

Microwave: Fresh Vegetable Chart

1. Cover each dish with plastic wrap. Place on the oven floor (position1).
2. Drain any remaining water after standing before serving.

Food	Amount	Cooking Time (100%)	Procedure
Asparagus (halved)	500g	3 ½ minutes	Place in a shallow microwave safe dish. Cover. Stand for 3 minutes
Beans (top and tailed)	500g	5 minutes	Place in a shallow casserole dish with 1 tablespoon of water. Cover. Stand for 5 minutes
Broccoli (uniform florets)	500g	5 minutes	Place in a shallow casserole dish. Cover. Stand for 3 minutes
Brussels Sprouts	500g	8 minutes	Place in a shallow casserole dish. Cover. Stand for 3 minutes
Cabbage (shredded)	500g	8 minutes	Place in a shallow casserole dish with 2 tablespoons of water. Cover. Stand for 3 minutes
Carrots (sliced)	500g	5 minutes	Place in a shallow microwave safe dish. Cover. Stand for 3 minutes (cook longer for less crunch)
Cauliflower (uniform florets)	500g	6-7 minutes	Place in a shallow casserole dish with 1 tablespoon of water. Cover. Stand for 3 minutes
Corn on the Cob	2 pieces	8 minutes	Place in a shallow casserole dish with ¼ cup of water. Cover. Stand for 3 minutes
	4 pieces	16 minutes	Place in a shallow casserole dish with 1/3 cup of water. Cover. Stand for 5 minutes
Mushrooms (whole)	500g	5 minutes	Place in a shallow casserole dish with 2 tablespoons of butter. Cover. Stand for 3 minutes
Peas (green; top and tailed)	500g	5 minutes	Place in a shallow casserole dish with 1 tablespoon of water. Cover. Stand for 2 minutes
Potatoes – Jacket (Baby Chat)	4 small	6 minutes	Pierce with a fork. Stand for 3 minutes
Pumpkin (2cm cubes)	500g	10 minutes	Place in a shallow casserole dish. Cover. Stand for 2 minutes
Spinach (shredded)	500g	8 minutes	Place in a shallow casserole dish with 2 tablespoons of water. Cover. Stand for 3 minutes
Snow Peas (top and tailed)	500g	4 minutes	Place in a shallow casserole dish with 1 tablespoon of water. Cover. Stand for 3 minutes (cook longer for less crunch)
Squash (whole)	500g	5 minutes	Pierce with a fork. Place in a shallow casserole dish. Cover. Stand for 3 minutes
Sweet Potato (2cm cubes)	500g	8 minutes	Place in a shallow casserole dish with ½ cup of water. Cover. Stand for 5 minutes
Zucchini (sliced or quartered)	500g	4 minutes	Place in a shallow casserole dish with 1 tablespoon of water and 1 tablespoon of butter. Cover. Stand for 3 minutes

MANUAL COOKING CHART

Microwave: Defrost Times for Meat, Poultry, Seafood and Bread

1. Remove wrapping and place frozen item on a shallow microwave safe defrosting dish with rack (a microwave safe defrosting rack). Shield with aluminum foil to prevent the item from cooking while defrosting.
2. Defrost by following the steps in the "Microwave Time" column.
3. When turning over, re-shield the item so it continues to defrost without cooking.

Food		Oven Setting and Cooking Time	Procedure	Standing Time
BEEF	Roast (1kg)	Micro 30% for 6 minutes Micro 10% for 8 ½ minutes TURN OVER AND SHIELD Micro 30% for 2 ½ minutes Micro 10% for 8 minutes	Turn over at the end of second Microwave setting (8 ½ minutes on 10%)	30 minutes
	Steak (500g)	Micro 30% for 2 ½ minutes Micro 10% for 1 minute 50 seconds TURN OVER AND SHIELD Micro 30% for 1 minute 50 seconds Micro 10% for 2 minutes	Turn over at the end of second Microwave setting (1 minute 50 seconds on 10%)	10 minutes
	Mince (500g)	Micro 50% for 3 ½ minutes TURN OVER AND SHIELD Micro 30% for 4 ½ minutes	Turn over after first Microwave setting (3 ½ minutes on 50%). Remove defrosted meat and leave aside (add on completion of defrosting)	10 minutes
PORK	Roast (1kg)	Micro 30% for 6 minutes Micro 10% for 8 ½ minutes TURN OVER AND SHIELD Micro 30% for 2 ½ minutes Micro 10% for 8 minutes	Turn over at the end of second Microwave setting (8½ minutes on 10%)	30 minutes
	Chops (500g)	Micro 30% for 2 ½ minutes Micro 10% for 1 minute 50 seconds TURN OVER AND SHIELD Micro 30% for 1 minute 50 seconds Micro 10% for 2 minutes	Turn over at the end of second Microwave setting (1 minute 50 seconds on 10%)	10 minutes
	Ribs (500g)	Micro 30% for 2 ½ minutes Micro 10% for 1 minute 50 seconds TURN OVER AND SHIELD Micro 30% for 1 minute 50 seconds Micro 10% for 2 minutes	Turn over at the end of second Microwave setting (1 minute 50 seconds on 10%)	10 minutes
	Mince (500g)	Micro 50% for 3 ½ minutes TURN OVER AND SHIELD Micro 30% for 4 ½ minutes	Turn over after first Microwave setting (3 ½ minutes on 50%). Remove defrosted meat and leave aside (add on completion of defrosting)	10 minutes
LAMB	Roast (1kg)	Micro 30% for 6 minutes Micro 10% for 8 ½ minutes TURN OVER AND SHIELD Micro 30% for 2 ½ minutes Micro 10% for 8 minutes	Turn over at the end of second Microwave setting (8 ½ minutes on 10%)	30 minutes
	Shoulder (1kg)	Micro 30% for 6 minutes Micro 10% for 8 ½ minutes TURN OVER AND SHIELD Micro 30% for 2 ½ minutes Micro 10% for 8 minutes	Turn over at the end of second Microwave setting (8 ½ minutes on 10%)	30 minutes
	Chops (500g)	Micro 30% for 2 ½ minutes Micro 10% for 1 minute 50 seconds TURN OVER AND SHIELD Micro 30% for 1 minute 50 seconds Micro 10% for 2 minutes	Turn over at the end of second Microwave setting (1 minute 50 seconds on 10%)	10 minutes
POULTRY	Chicken – Whole (1kg)	Micro 30% for 5 ½ minutes Micro 10% for 4 minutes TURN OVER AND SHIELD Micro 30% for 4 minutes Micro 10% for 7 minutes 10 seconds	Turn over at the end of second Microwave setting (4 minutes on 10%)	30 minutes
	Chicken Pieces (500g)	Micro 30% for 3 minutes Micro 10% for 4 minutes TURN OVER AND SHIELD Micro 30% for 1 minute 10 seconds Micro 10% for 4 minutes	Turn over at the end of second Microwave setting (4 minutes on 10%)	15 minutes
SEAFOOD	Scallops (500g)	Micro 30% for 3 ½ minutes TURN OVER AND SEPARATE Micro 30% for 3 minutes	Turn over at the end of first Microwave setting (3 ½ minutes on 30%). Separate scallops	5 minutes
	Prawns – Whole (500g)	Micro 30% for 3 minutes TURN OVER AND SEPARATE Micro 30% for 3 minutes	Turn over at the end of first Microwave setting (3 minutes on 30%). Separate prawns	5 minutes
BREAD	Slices	2 40 seconds on Micro 30%	(defrost rack not required) Place bread between 2 pieces of paper towel. Place directly on oven floor (position 1).	—
		4 50 seconds on Micro 30%		
	Rolls	1 40 seconds on Micro 30%	(defrost rack not required) Place bread between 2 pieces of paper towel – additional 30 seconds for every other roll. Place directly on oven floor (position 1).	—
		2 1 minute 10 seconds on Micro 30%		

RECIPE

Vegetables

Honey Carrots

- 500 g carrots, peeled
- 3 teaspoons orange juice
- 2 teaspoons honey
- 1 teaspoon olive oil
- ½ teaspoon orange rind

Serves 4

- Slice carrots lengthwise in quarters then cut each quarter into long thin strips about 5 cm in length.
- Place carrot slices on steam tray and then on one of the glass trays provided.
- Place glass tray in the LOWER position.
- Manually set oven to **Steam Cook High** > 28 minutes > **START**.
- In a medium bowl, mix orange juice, rind, honey and olive oil. Stir until well combined.
- Add steamed carrots to mixture. Toss to coat evenly.
- Serve hot.

Spinach, Feta and Ricotta Quiche

- 50 g spinach (if frozen, thawed and drained)
- ¾ cup milk
- 4 eggs
- 1 tablespoon plain flour
- 3 shallots, chopped
- 100 g feta cheese (smooth)
- 20 g butter
- ¼ cup breadcrumbs
- ½ cup ricotta cheese

Serves 4

- Lightly whisk the eggs and milk together.
- In a separate bowl add the spinach, ricotta and shallots. Mix until well combined.
- Gently add the egg mixture and stir.
- Add the flour and mix well then add half of the feta to the mixture
- Melt the butter in a small microwave safe bowl. Manually set the oven to **Microwave** 100% > 20 sec > **START**.
- Brush the melted butter around the inside of 4 10cm ramekins.
- Lightly coat the inside with the breadcrumbs.
- Pour in the spinach and egg mixture and crumble the remaining feta on the top of each ramekin.
- Place the ramekins on the steam tray and place in the UPPER position with the glass tray in LOWER position.
- Manually set the oven to **Steam Cook Low** 90°C > 35 minutes > **START**.

Snow Peas with Feta and Olives

- 1 teaspoon oil
- 5 g butter
- 1 clove of crushed garlic
- 150 g snow peas topped and tailed
- 1 small Spanish onion, sliced
- 20 g feta
- 8 olives, sliced in half

Serves 2

- Place snow peas and onion on the steam tray and the glass tray provided. Place in the LOWER position.
- Manually set oven to **Steam Cook High** > 8 minutes > **START**.
- After cooking, drain.
- In a small bowl combine the oil, butter and garlic. Manually set oven to **Microwave** 100% > 1 minute > **START**.
- In a large microwave safe glass bowl, combine the vegetables and oil mixture. Toss to evenly coat.
- Stir through the feta and olives just before serving.
- Serve as a starter or as a side dish.

Spinach and Ricotta Cannelloni

- 1 x 250 g packet of frozen chopped spinach (thawed and drained)
- 500 g ricotta cheese
- ½ cup parmesan cheese
- Fresh cannelloni sheets (pack of 12)
- 1 x 500 g jar tomato pasta sauce
- ½ cup cheddar cheese
- 1 clove garlic, crushed
- 1 small chopped onion
- Salt and pepper to taste
- Pinch of nutmeg

Serves 4

- Place the spinach, ricotta, parmesan cheese, garlic, onion and nutmeg in a bowl and mix well. Add salt and pepper to season.
- Spoon the mixture onto the cannelloni sheets and gently roll into a tube.
- Place filled cannelloni tubes in a flat casserole dish (approx 25 cm x 25 cm) in a single layer.
- Gently pour the pasta sauce over the cannelloni tubes, ensuring all areas are covered. Sprinkle with the cheddar cheese.
- Place the casserole dish on the steam tray and then onto the glass tray. Place in the LOWER position.
- Manually set the oven to **Steam Cook High** > 35 minutes > **START**.

NOTE: After cooking, allow the dish to remain in the cavity for another 5 minutes without opening the door.

RECIPE

Stuffed Potatoes

- 4 large potatoes, washed (approximately 200g each)
- 1 rasher bacon
- $\frac{1}{4}$ cup cream
- $\frac{1}{4}$ cup milk
- 1 cup shredded tasty cheese
- 1 tablespoon fresh chives, chopped
- Salt and pepper to taste
- Extra tasty cheese

Serves 4

- Pierce the potatoes twice on both sides with a fork. Place onto the base of the oven in a circle. Cook on **Microwave 100%** for 14 minutes, turning halfway through.
- Stand for 5 minutes covered in foil.
- Cut a thin slice from the top of each potato. Scoop out the cooked potato flesh with a spoon, leaving a thin shell. Set aside.
- Place the bacon between two sheets of paper towel on a microwave safe plate. Cook on **Microwave 100%** for 2 minutes. Once cool, dice the bacon.
- Combine the bacon, cream, milk, cheese, chives, salt, pepper and potato flesh. Mix well until potato flesh becomes a creamy texture.
- Spoon the mixture into the potato shells and sprinkle with the remaining cheese. Place onto the rack and on the glass tray provided. Place in the LOWER position.
- Manually set the oven to **Grill > 12 minutes > START**.

Asian Greens in Oyster Sauce

- 200 g baby pak choy
- 200 g baby bok choy
- $\frac{1}{2}$ teaspoon sesame oil
- 1 teaspoon grated fresh ginger
- $\frac{1}{2}$ teaspoon sesame seeds
- 3 tablespoons oyster sauce
- 3 tablespoons vegetable stock
- 1 tablespoon light soy sauce
- 1 teaspoon caster sugar
- Extra sesame seeds, to garnish

Serves 2-4

- Wash and trim the greens. Cut into equal lengths of approximately 10 cm.
- Place the greens on the steam tray and glass tray provided. Place into the LOWER position.
- Manually set oven to **Steam Cook High > 8 minutes > START**.
- After steaming is complete, dry the inside of the oven.
- In a microwave safe glass bowl, combine the oil, ginger and sesame seeds. Cook on **Microwave 100%** for 1 minute.
- Add the remaining ingredients, except the garnish. Cook on **Microwave 100%** for 2 minutes.
- Arrange the greens on a large plate. Pour the sauce over and toss to coat the greens. Garnish with extra sesame seeds.
- Serve as a side dish or with rice.

RECIPE

Chicken

Chicken and Vegetable Rice Paper Rolls

- 2 chicken breasts, approximately 200-250g each
- 24 large rice paper rolls
- 1 avocado, halved and thinly sliced
- 1 carrot, finely grated
- ½ green capsicum, thinly sliced
- ½ small iceberg lettuce, washed and shredded
- Sweet chilli sauce, to serve

Makes 12

- Place chicken breast on the rack on one of the glass trays provided. Place glass tray in the LOWER position.
- Manually set oven to **Steam Cook High** > 13 minutes > **START**.
- When oven beeps and stops cooking, remove the tray and turn over chicken. Return tray back to the oven in the LOWER position.
- Manually set oven to **Steam Cook High** > a further 12 minutes and 30 seconds > **START**.
- Rest chicken for 10 minutes. Finely slice into small pieces.
- Place two rice paper rolls together in luke warm water until soft. Repeat this process for the remaining rice paper rolls.
- To prepare rolls, dry the softened rice paper rolls and thinly layer with chicken, avocado, carrot, capsicum and lettuce.
- Fold each short end of the rice paper roll over the top and bottom of the filling. Fold one edge of rice paper over and tuck in alongside the filling, then fold over the other side, making a roll. Press down lightly to seal. Repeat with remaining rice paper rolls and filling.
- Serve with sweet chilli sauce.

Chicken Caesar Salad

- 1 tablespoon Worcestershire sauce
- 1 teaspoon Dijon mustard
- 300 g chicken breast fillet
- 2 lean rashers bacon
- ½ cup grated parmesan cheese
- 1 cos lettuce, washed and torn

DRESSING

- 2 cloves garlic, crushed
- ¼ cup whole egg mayonnaise
- 1 dash Tabasco sauce
- 1 teaspoon Dijon mustard
- 1 teaspoon Worcestershire sauce
- 1 teaspoon lemon juice
- 2 anchovy fillets, minced (optional)
- Pepper to taste

Serves 4

- In a small bowl, combine Worcestershire sauce and Dijon mustard. Evenly coat the chicken breast with marinade mixture.
- Place chicken on one of the steam trays and on the glass tray provided. Place glass tray in the LOWER position.
- Manually set oven to **Steam Cook High** > 12 minutes > **START**.
- When oven beeps and stops cooking, remove the tray and turn over chicken. Return tray back to oven in the LOWER position
- Manually set oven to **Steam Cook High** > a further 12 minutes and 30 seconds > **START**.
- Allow chicken to cool before slicing into thin strips. Set aside.
- Place bacon between two sheets of paper towel.
- Manually set oven to **Microwave 100%** > 2 minutes > **START**.
- Allow bacon to cool before slicing into thin strips.

DRESSING

- In a separate bowl, combine garlic, whole egg mayonnaise, Tabasco sauce, Dijon mustard, Worcestershire sauce, lemon juice, anchovy fillets (optional), and pepper. Mix until well combined. Set aside.
- Place the lettuce in a large bowl. Add chicken, bacon, parmesan cheese and dressing. Toss to coat evenly. For crispy lettuce, serve straight away.

RECIPE

Chicken and Mushroom Dumplings

300 g chicken mince
100 g shiitake mushrooms, finely chopped
1 tablespoons chives, finely chopped
2 shallots, finely chopped
1 clove garlic, crushed
1 teaspoon soy sauce
1½ tablespoons Chinese rice wine
30 pack ready made square wontons
Canola spray, for greasing

Makes 30

- In a large bowl, combine the chicken mince, mushrooms, chives, shallots, garlic and rice wine. Mix until well combined. Set aside.
- Beat the egg in a small bowl. Add the water and mix until well combined. Add it to the chicken mince and mushroom mixture and stir through.
- Place a spoonful of the chicken and mushroom mixture into the center of the ready made wonton square. Brush the edges with cold water. Bring the edges up over the center of the dumpling and pinch together to enclose. Repeat with the remaining wontons and mixture.
- Refrigerate the dumplings for 15 minutes before cooking.
- Lightly grease a steam trays with Canola oil spray. Place dumplings in rows on the steam tray. Ensure that none of them are touching. Place steam tray on the glass tray provided
- Place glass tray in the LOWER position.
- Manually set oven to **Steam Cook High** > 20 minutes > **START**.
- Serve with dipping sauce of soy sauce or sweet chilli sauce.

Chicken and Vegetable Nuggets

500 g chicken mince
1 cup wholemeal breadcrumbs
125 g canned corn kernels
1 egg, lightly beaten
1 carrot, finely grated
½ onion, grated
¼ cup chopped fresh coriander
¼ cup chopped fresh parsley
Salt and pepper to taste
Oil, for brushing

COATING MIXTURE

½ cup wholemeal breadcrumbs
1 teaspoon tarragon
1 teaspoon coriander

Makes 16

- In a large bowl, combine 1 cup breadcrumbs, chicken mince, egg, onion, carrot, corn, coriander, parsley, salt and pepper. Mix until well combined and smooth. Set aside.
- In a small bowl combine ½ cup breadcrumbs, tarragon and coriander. Set aside.
- Shape the chicken mixture into nugget size pieces and roll in the breadcrumb mixture to coat. Repeat with remaining chicken mixture. **NOTE: nugget size should be no larger than 2cm high.**
- Lightly brush oil on either side of the nuggets. Place nuggets on the rack and on the glass tray provided. Place glass tray in the UPPER position.
- Manually set oven to **Grill** > 10 minutes > **START**.
- When oven beeps and stops cooking, remove the tray and turn over the nuggets. Return tray back to oven in the UPPER position.
- Manually set oven to **Grill** > a further 6 minutes > **START**.
- Allow the nuggets to cool for 5-10 minutes after cooking.
- Serve with tomato or sweet chilli sauce.

RECIPE

Chicken, Cashew Nuts and Hokkien Noodles (served with Asian Greens)

2 x 200 g Chicken breast
80 g cashew nuts, roughly crushed
200 g baby pak choy
200 g baby bok choy
450 g packet fresh Hokkien noodles

MARINADE

2 teaspoons soy sauce
1 teaspoon oyster sauce
2 teaspoons Vegetable stock
1 teaspoon crushed ginger
1 clove garlic crushed
Salt and pepper to taste
½ teaspoon sesame oil
½ teaspoon caster sugar

OYSTER SAUCE for Asian Greens

½ teaspoon sesame oil
1 teaspoon fresh ginger, grated
½ teaspoon sesame seeds
3 tablespoons oyster sauce
3 tablespoons vegetable stock
1 tablespoon light soy sauce
1 teaspoon caster sugar

Serves 4

MARINADE

- In a small glass bowl, combine soy sauce, oyster sauce, stock, ginger, garlic, sesame oil, caster sugar, salt and pepper. Mix until well combined.
- In a large glass bowl, add chicken and marinade mixture. Ensure chicken is coated evenly. Cover and refrigerate for approximately 2 hours.
- Remove chicken from its marinade and place on one of the steam trays and on the glass tray provided. Place in the LOWER position.
- Manually set oven to **Steam Cook High** > 24 minutes > **START**.
- While the chicken is cooking, wash and trim the baby pak choy and baby bok choy. Cut into equal lengths of approx 10cm. Place the greens on the other steam tray provided.
- After cooking is complete, leave the chicken in the oven and add the Asian greens in the UPPER position.
- Manually set oven to **Steam Cook High** > a further 10 minutes > **START**.
- Remove chicken and Asian greens from oven and set aside. NOTE: Remove excess moisture from inside the oven before making oyster sauce.

OYSTER SAUCE

- In a microwave safe glass bowl combine the oil, ginger and sesame seeds.
- Manually set oven to **Microwave** 100% > 1 minute > **START**.
- Add oyster sauce, vegetable stock, soy sauce and caster sugar.
- Manually set oven to **Microwave** 100% > 2 minutes > **START**.
- Place fresh Hokkien noodles in a large glass bowl and cover with boiling water. Leave for 2 minutes.
- Thinly slice the chicken into strips and roughly chop Asian Greens. Strain noodles and place in a large serving dish.
- Toss through sliced chicken and Asian greens. Pour over the oyster sauce and serve.

Steamed Coconut Chicken with Vegetables

400 ml canned coconut milk
2 bird's eye chillies, seeds removed, finely chopped
1 teaspoon grated ginger
1 tablespoon lemon juice
3 tablespoons light soy sauce
4 cloves garlic, crushed
½ cup chopped fresh coriander
1 tablespoon brown sugar
Pepper to taste
4 x 200 g chicken breasts
200 g broccoli florets
200 g button mushrooms, whole

Serves 4

- In a food processor or using a hand blender, combine coconut milk, chilli, ginger, lemon juice, soy sauce, garlic, coriander, brown sugar and pepper. Process for 1-2 minutes or until well combined.
- Place chicken in a large bowl and add the coconut milk mixture, covering the chicken. Cover and refrigerate for 2 hours or overnight.
- Remove the chicken from the marinade and place on one of the steam trays and on the glass tray provided. Place in the LOWER position.
- Add vegetables to the remaining steam tray and place in the UPPER position.
- Manually set oven to **Steam Cook High** > **Steam Cook High** > 35 minutes > **START** (pressing Steam Cook High twice indicates 2 layer cooking).
- Serve.

RECIPE

Seafood

Marinated Snapper

- 2 tablespoons soy sauce
- 2 cloves garlic, crushed
- 1 tablespoon sesame oil
- 1 teaspoon grated fresh ginger
- 1 tablespoon chopped fresh coriander
- 2 bird's eye chillies, seeds removed, finely chopped
- 500 g whole snapper, cleaned

Serves 2

- In a small bowl, combine soy sauce, garlic, sesame oil, ginger, coriander and chillies. Mix until well combined
- Place snapper in a large shallow casserole dish and add the marinade. Cover and refrigerate for 1-2 hours.
- Place fish on one of the steam trays, then onto the glass tray provided. If snapper is larger than the steaming tray, remove tail.
- Place the tray in the UPPER position.
- Manually set oven to **Steam Cook Low 90°C > 35 minutes > START.**

Seafood Marinara

- 2 x 400 g crushed tomatoes
- ½ cup vegetable stock
- 650 g marinara mix
- 375 g fresh fettuccine pasta
- 1 cup green shallots, finely sliced
- 2 teaspoons caster sugar
- 4 teaspoons tomato paste
- 2 cloves garlic, crushed
- Salt and pepper to taste

Serves 4

- In a large bowl, combine crushed tomatoes, tomato paste, garlic, shallots, caster sugar, salt and pepper. Mix until well combined. Set aside.
- Place fettuccine in the base of a 22 cm x 30 cm casserole dish and top with marinara mixture. Pour tomato mixture over the top, making sure fettuccine and marinara is covered.
- Put the casserole dish on a steam tray on top of the glass tray provided.
- Place the tray in the LOWER position.
- Manually set oven to **Steam Cook High > 30 minutes > START.**
- Stir through before serving.

Ocean Perch with Summer Salad

- 4 x 200 g ocean perch fillets
- ¼ cup lemon juice
- 1 teaspoon soy sauce
- 1 teaspoon Worcestershire sauce
- 2 cloves garlic, crushed
- Salt and pepper to taste

SALAD

- 4 cups mixed lettuce leaves
- Handful cherry tomatoes
- ¼ avocado
- ½ Lebanese cucumber

DRESSING

- 4 tablespoons olive oil
- 1 teaspoon red wine vinegar
- 1 clove garlic, crushed
- ⅛ teaspoon salt
- ⅛ teaspoon sugar
- ¼ teaspoon dried oregano
- ¼ teaspoon dried basil
- Ground black pepper to taste

Serves 4

- In a small bowl, combine the lemon juice, soy sauce, Worcestershire sauce, garlic, salt and pepper. Mix until well combined. Add the fish fillets to coat.
- Cut out 4 squares of aluminium foil, large enough to wrap the fish fillets in. Place each fish fillet onto one of the aluminium foil squares and bend up each side to avoid liquid from spilling out. Divide the remaining mixture and evenly pour over the fish fillets. Carefully wrap each fish fillet by folding over two sides and then again with the remaining two sides. Try to be careful and not to puncture holes in the aluminium foil as the liquids will leak out.
- Carefully place the fish parcels on one of the steam trays, then on top of the glass tray provided. Place the tray in the LOWER position.
- Manually set oven to **Steam Cook High > 20 minutes > START.**

SALAD

- Meanwhile, cut the cherry tomatoes in half, chop the cucumber into bite size pieces and slice the avocado. In a large bowl, combine the mixed lettuce leaves, tomatoes, cucumber and avocado. Set aside.

DRESSING

- In a small bowl, combine all of the salad dressing ingredients.
- Mix through the salad dressing into the salad or pour on top.
- Remove fish from foil and serve fresh with salad.

RECIPE

Grilled Garlic Prawns

500 g green king prawns, peeled, tails intact, deveined
 $\frac{1}{3}$ cup vegetable oil
3 teaspoons sesame oil
1 teaspoon ground coriander
3 cloves garlic, crushed
2 tablespoons chicken stock
8 bamboo skewers

Serves 4

- In a medium bowl, combine vegetable oil, sesame oil, coriander, garlic and chicken stock. Mix until well combined.
- Add the prawns to the marinade. Cover and refrigerate for 2 hours.
- Soak skewers in cold water for 5 minutes. Thread prawns evenly onto skewers.
- Place the skewers on the rack and on the glass tray provided.
- Place tray in the UPPER position.
- Manually set oven to **Grill** > 12 minutes and 30 seconds > **START**.
- Remove glass tray and rack and turn the prawn skewers over. Return to the oven in UPPER position.
- Manually set oven to **Grill** > a further 6 minutes and 30 seconds > **START**.

Herbed Fish Steak

2 tablespoons butter, melted
1 teaspoon freshly grated lemon rind
1 tablespoon lemon juice
1 tablespoon oregano
4 swordfish steaks
(approximately 200g each, 1 - 2 cm thick)

Serves 4

- In a small bowl, combine the butter, lemon rind, lemon juice and oregano. Mix until well combined.
- Brush both sides of the fish with half of the lemon butter mixture.
- Place fish on one of the steam trays, then on the glass tray provided.
- Place tray in UPPER position.
- Manually set oven to **Steam Cook High** > 22 minutes > **START**.
- When cooking is finished, spread the remaining lemon butter mixture over the fish and serve immediately.
- Serve with salad.

RECIPE

Meat

Pork Dumplings

Circular wonton wrappers, ready made 300 g pork mince

- 1 egg
- 3 shallots, finely sliced
- 2 teaspoons sesame oil
- 2 tablespoons light soy sauce
- 2 teaspoons brown sugar
- 1 teaspoon fresh ginger, grated
- 1 clove garlic, crushed
- 1 teaspoon oyster sauce
- ½ brown onion, finely grated
- ½ carrot, finely grated
- 30 pack ready made wonton wrappers
- ¼ cup soy sauce (for dipping)
- Canola spray (for greasing)

Makes 30

- In a food processor, process pork until smooth. Place into a large bowl.
- Add the egg, sesame oil, light soy sauce, oyster sauce, brown sugar, ginger and garlic. Add the shallots, onion and carrot. Mix until well combined.
- Holding one wonton wrapper in the palm of your hand, place 1 tablespoon of the pork filling in the center of the wrapper. Brush the sides of the wonton with water. Bringing up the sides of the wrapper around the filling, pressing tightly to seal. Repeat with the remaining wontons and mixture.
- Refrigerate the dumplings for 15 minutes before cooking.
- Lightly spray the steam tray with canola spray to grease. Arrange the dumplings on the steam tray ensuring they do not touch, and put on the glass tray provided.
- Place glass tray in the LOWER position.
- Manually set oven to **Steam Cook High** > 20 minutes > **START**.
- Serve hot with dipping sauce.

Ham, Tomato and Ricotta Frittata Bites

- 1 teaspoon olive oil
- ½ brown onion, finely diced
- 6 eggs
- 150 g ricotta cheese
- ⅓ cup full cream milk
- 1 tablespoon coriander, finely chopped
- 150 g ham, thinly sliced
- 6 cherry tomatoes, diced
- Salt and pepper to taste

Makes 24

- Add eggs to a large glass bowl and lightly whisk. Add olive oil, onion, ricotta cheese, milk, ham, tomatoes, coriander, salt and pepper. Mix until well combined.
- Lightly grease a mini muffin 12 hole tray. Divide half of the mixture evenly into the holes.
- Place muffin tray on one of the steam trays and glass tray provided.
- Place tray on the UPPER position.
- Manually set oven to **Steam Cook Low** 90°C > 28 minutes > **START**.
- Repeat with remaining mixture.
- Stand for 5 minutes before serving.

Note: Cook in 2 batches. Cover 1st batch with foil while 2nd batch cooks.

RECIPE

Beef and Vegetable Ravioli

300 g beef mince
Ready made Circular wonton wrappers (2 x 30 pack)
2 teaspoons light soy sauce
1 teaspoon cornflour
1 cup spinach leaves, finely chopped
1 medium carrot, finely grated
2 shallots, finely chopped
½ small brown onion, finely grated
2 teaspoons rice wine vinegar
500 g jar pasta sauce
Salt and pepper to taste
Canola oil spray (to grease)

Serves 4-6

- In a food processor, process mince until smooth. Place into a large bowl. Add the light soy sauce, cornflour, spinach, carrot, shallots, onion, rice wine vinegar, salt and pepper. Mix until well combined.
- Using a 5.5cm circular cookie cutter, cut out all the ready made wontons until you have 30 pairs (60 individual sheets in total).
- Hold one wonton wrapper in the palm of your hand, place 1 tablespoon of the beef filling in the center of the wrapper. Moisten the edge of another wonton wrapper and place it over the first piece. Firmly press the edges together with your fingertips to form a seal. Repeat with the rest of the wonton wrappers.
- Lightly spray the steam tray with the canola oil to prevent sticking.
- Arrange the ravioli pieces on the steam tray and on glass tray provided.
- Place the trays in the LOWER position.
- Manually set oven to **Steam Cook High** > 20 minutes > **START**.
- Pour pasta sauce in a microwave safe glass bowl, covering with glad wrap. Manually set oven to **Microwave** 100% > 3 minutes > **START**.
- Place ravioli in serving dish, pour sauce over ravioli and mix until well combined.

Tip: Add finely grated cheese to the top if desired.

Leek, Bacon and Cheese Quiche

80 g bacon, diced
120 g leek, washed and thinly sliced
½ cup cheddar cheese, grated
4 eggs
⅓ cup full cream milk
⅓ pure cream
1 tablespoon plain flour
Salt and pepper to season
¼ cup bread crumbs
20 g butter

Serves 4

- In a large bowl, whisk together the eggs, milk and cream. Add the cheese and mix together.
- Add the bacon and leek and season with the salt and pepper.
- Melt the butter in a microwave safe bowl. Manually set the oven to **Microwave** 100% > 20 sec > **START**.
- Grease 4 10cm ramekins with melted butter and coat with the breadcrumbs.
- Evenly divide the mixture in the 4 ramekins.
- Place ramekins on one of the steam trays provided and place in UPPER position.
- Place glass tray in the LOWER position (to collect the water during steaming).
- Manually set the oven to **Steam Cook Low** 90% > 35 minutes > **START**.

RECIPE

Desserts

Upside Down Pineapple Cake

- 50 g butter
- ¼ cup firmly packed brown sugar
- 225 g can pineapple slices, drained, juice reserved
- 1 egg
- ½ cup caster sugar
- ½ teaspoon vanilla essence
- 1 cup plain flour, sifted
- 1 teaspoon baking powder
- Pinch of salt

Serves 4

- Cut out a 10cm diameter circle of baking paper and place in the bottom of each ramekin. (Use 4, one cup 10cm ramekins).
- In a small microwave safe glass bowl, add butter. Manually set oven to **Microwave 100%** > 20-30 seconds > **START**.
- Stir in sugar and beat until smooth. Evenly divide between the ramekins.
- Arrange a whole pineapple slice on the base of each ramekin. Set aside.
- In a large bowl, beat the egg until frothy. Add the caster sugar and vanilla essence. Beat until well combined.
- In a separate bowl, combine the flour, baking powder and salt. Slowly fold this mixture into the egg mixture, followed by the reserved pineapple juice. Evenly divide the mixture among the ramekins.
- Place ramekins on the steam tray and on the glass tray provided.
- Place glass tray in the LOWER position.
- Manually set oven to **Steam Cook High** > 30 minutes > **START**. Cook until a wooden skewer inserted into the centre comes out clean. Allow to stand for 5 minutes.
- Invert the cake onto a serving plate.
- Serve with cream if desired.

Chocolate Hazelnut Brownies

- 75 g butter
- 100 g dark chocolate, roughly chopped
- ¼ cup caster sugar
- 1 egg, beaten
- ⅔ cup plain flour
- 1 tablespoon hazelnuts (crushed, dried and roasted)

Makes 12

- Lightly grease one 12 hole muffin tray. Set aside.
- In a large microwave safe bowl, place butter and chocolate. Set oven to **Microwave 100%** for 1 minute, stirring after 30 seconds.
- After cooking, stir until chocolate dissolves.
- Stir in the caster sugar.
- Add the egg, flour and hazelnuts. Mix until well combined and forms a sticky dough.
- Spoon mixture in to prepared muffin tray to about ¾ full.
- Place the muffin tray on the steam tray and on the glass tray provided.
- Place glass tray in the LOWER position.
- Manually set oven to **Steam Cook High** > 35 minutes > **START**.
- After cooking, remove and allow to sit for 5-10 minutes.
- Once cool, remove from the muffin tray and dust with icing sugar to serve.

Snowballs with Raspberry Puree

- 3 egg whites
- ½ cup caster sugar
- ¼ teaspoon cream of tartar
- 100 g frozen raspberries, thawed
- 2 teaspoons caster sugar
- 1 teaspoon lemon juice

Serves 4

- In a large bowl combine the egg whites and cream of tartar. Beat with an electrical beater on medium speed until foamy.
- Gradually add in ½ cup of caster sugar and continue beating on high speed until stiff peaks form and mixture is firm and shiny.
- Separate mixture into four 10 cm ramekins. Loosely cover with plastic wrap.
- Place ramekins in the steam tray and on the glass tray provided.
- Place glass tray in the LOWER position.
- Manually set oven to **Steam Cook High** > 14 minutes > **START**.
- In a small bowl, press raspberries through a fine sieve to form a puree.
- Stir in the two teaspoons of caster sugar and lemon juice until sugar dissolves.
- Remove steamed meringue from ramekins. Place onto a small serving plate drizzled with the raspberry puree.
- Serve with fresh fruit if desired.

RECIPE

Banana, Walnut and Honey Muffins

- 2 ripe bananas, mashed
- 2 eggs
- 2 teaspoons oil
- 4 teaspoons water
- 4 teaspoons baking powder
- ½ cup icing sugar
- 1¾ cup plain flour
- 2 tablespoons of honey
- 3 teaspoons walnuts, chopped

Serves 8

- In a large glass bowl, add bananas, eggs, oil, water, baking powder, icing sugar, honey and flour. Mix with a fork until well combined.
- Grease a small 12 hole muffin tray. Divide mixture evenly between the 12 holes and place tray on the steam tray and on the glass tray provided in LOWER position.
- Manually set oven to **Steam Cook High** > 30 minutes > **START**.
- Muffins will be ready when a wooden skewer is inserted into the muffin and comes out clean.
- Let the muffins stand until cool.

Honey Pears

- 4 ripe pears
- ½ cup honey, enough to fill the pears
- 2 teaspoons brown sugar
- 2 large prunes, pitted and halved
- Thickened cream (to serve)
- Cinnamon (to serve)

Serves 4

- Make a straight cut on the bottoms of the pears, enough so they will stand up on the tray.
- Cut off the top of the pear just below the point where the pear widens. Set aside. Make sure the bottom of the pear top is wide enough so it can be put back on the pear as a lid. **Note: do not cut down to the core.**
- Using a sharp knife or apple corer, cut around the core of the pear. Only cut down to just above the bottom of the pear, not all the way through. Use a paring knife to remove the core and then carefully remove any leftover seeds and remains from the core with a small spoon.
- Arrange pears on the steam tray. Pour honey evenly into pears leaving a small gap at the top. Place half a prune in each pear and sprinkle with the brown sugar. Place pear 'lids' back on top.
- Place the steam tray on the glass tray and place in the LOWER position.
- Manually set oven to **Steam Cook High** > 20 minutes > **START**.
- After cooking, stand for 5 minutes.
- Serve with cream and sprinkle with cinnamon if desired.

Mixed Berry Custard

- 150 g frozen mixed berries, thawed and pushed through a sieve to form a puree
- 1 cup full cream milk
- 1 cup condensed milk
- 4 eggs, lightly whisked
- 2 egg yolks
- ⅓ cup caster sugar
- 2 teaspoons icing sugar, to garnish
- 100 g frozen mixed berries, thawed to garnish

Serves 4

- In a large microwave safe bowl, combine both the full cream and condensed milk. Place in **Microwave** 70% for 6 minutes until milk is at a simmer.
- In another large bowl, add eggs, egg yolks, sugar and mixed berry puree. Add the heated milk mixture. Using a balloon whisk, mix until well combined.
- Divide the mixture evenly between 4, 10 cm ramekins. Place on steam tray and then on the glass tray provided.
- Place glass tray in the UPPER position.
- Manually set oven to **Steam Cook Low** 90°C > 35 minutes > **START**.
- Once cooking is completed and the custard is set, stand for 10 minutes.
- Serve with thawed whole berries and dust with icing sugar.

